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February 2011
AED 15

GoodFood

Love it!

- * Romantic dinner menu
- * Stylish sharing food
- * James Martin's recipes

5 **HEALTHY**
DINNERS

BAKE
a treat

cook smart
eat smart


EXPLORING
BANGKOK

Alfresco
lunch in the sun



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for two
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tickets

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Publisher
Dominic De Sousa

Chief Operations Officer
Nadeem Hood

Sales Director
Lindsay Moulin
lindsay@cpidubai.com

Editor
Lauren Hills

Designer
Odilaine Salalac Mejorada

Sales Manager
Carol Owen
carol@cpidubai.com

**Marketing and
Communications Executive**
Michelle Robertson

Marketing Manager
Rochelle Almeida

Webmasters
Troy Magma
Elizabeth Reyes
Jerus King Bation

Subscriptions
subscribe@bbcgoodfoodme.com

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Head Office
PO Box 13700
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Tel: +971 4 4409100
Fax: +971 4 4293654
Web: www.bbcgoodfoodme.com

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UK TEAM

Editor
Gillian Carter

Creative Director Food Group
Elizabeth Galbraith

Publishing Director
Alfie Lewis

Managing Director
Peter Phippen

Head of International Development
James Hewes (james.hewes@bbc.com)

International Partners Manager
Linda Ligos

Win a romantic dinner for two this Valentine's Day at Asado, The Palace – The Old Town

Details on page 7



EDITOR'S NOTE



The heart of it...

While you will find the usual suspects in this month's Valentine's issue – the irresistible chocolate recipes and romantic dinner menus – the issue is filled with so much more, whetting your appetites and inspiring you to get cooking and baking, whatever the occasion.

Our easy, everyday meals ensure that you can create nourishing food for your loved ones during the weekday, and for the weekend, we present some uncomplicated baking ideas, alongside some fab dinner party menus. Get into the kitchen, and get the family involved too.

In her column on page 12 titled 'Where is the love?' Suzanne Husseini talks about the kitchen as the heart of the home, remembering how the aroma of fresh bread from her family kitchen enveloped her in a feeling of love and security. In celebrating this month of love, we are celebrating the love of good food.

The *BBC Good Food ME Awards*, with patron sponsor Miele, are well underway – the independent panel have done their judging and the votes from the public have come in. We will be announcing the winners on our website at the end of February, and be sure to pick up the March issue of *BBC Good Food ME*, where we will have full coverage of the finalists, the winners and the awards ceremony.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com



PAGE 29 | Tandoori lamb skewers



PAGE 52 | Chocolate indulgence



PAGE 48 | Dalia's delights



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MAKEOUR
COVER
RECIPE



52

Our recipe descriptions

Suitable for vegetarians

You can freeze it

Not suitable for freezing

Contains pork

Contains alcohol

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

Low fat 12g or less per portion.

Good for you Low in saturated fat, low in salt

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork
- contains alcohol

Delicious ways to spoil your loved ones

With love in the air (and in the shops) this month, *BBC Good Food ME* presents some scrumptious foodie gifts that are sure to impress this Valentine's Day

Say it with Sugar Daddy's

Treat your loved ones (and yourself) with the sweetest things from Sugar Daddy's this Valentine's Day. Cupcakes, heart-shaped cookies and brownies, as well as red velvet whoopie pies are on sale, and cute packages and hampers are available on request. Cupcakes with Valentine's decoration start at AED 16; heart-shaped cookies, AED 15; heart-shaped brownies, AED 10; and the red velvet whoopie pie is AED 10.



Slowly does it. This cast-iron pot from Bloomingdale's Home is perfect for creating slow-cooked dinners for family and friends.



Paul's Gateau au fromage blanc

A light biscuit base with a smooth cream cheese mixture, finished off with a topping of strawberry jelly... delicious! The gateaux comes in perfect-for-gift-giving portions for one, or larger cakes to share. All Valentine's treats will be available at any PAUL's from 10 to 14 February.



Cooking from the heart

This Valentine's Day, learn to cook a romantic meal with the Chef Paul Lupton, head chef of Rhodes Mezzanine, Grosvenor House. The cooking class includes a light breakfast of croissants and pastries, accompanied by a glass of Bellini with Chef Paul. During this hands-on masterclass you will learn to cook Seared scallops with warm sweet corn salad, a Fillet of beef with truffled macaroni and to end, a mouth-watering warm Chocolate fondant. From there, you can enjoy the dinner you have created, with wine pairings. The two Valentine's Day cooking master classes will be hosted at Rhodes Mezzanine on Saturday 5 and Saturday 12 February starting at 10.00 until 14.00. Priced at AED 1,100 per person, all attendees will receive a romantic goodie bag.

Sweet and creamy cupcakes from Maison Sucre

Buy two different varieties of Maison Sucre's cupcakes, and you will receive a complimentary red rose. Each cupcake is topped with a cute saying, so say it sweetly this Valentine's Day. Maison Sucre is situated along Khaleej Al Arabi street, Abu Dhabi.



ChoCo'a chocolate indulgence

From twirling dark, milk and white chocolate roses to exquisitely-packaged chocolate boxes, ChoCo'a is producing some beautiful items this Valentine's Day. You can find ChoCo'a outlets in Al Barsha, The Dubai Mall and Khaleej Al Arabi Street Abu Dhabi.



Accessories from Bloomingdale's Home

Toast your loved one with a red champagne glass, or adorn your table with a this jug; Bloomingdale's Home has some fun accessories for the table.

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more than sushi

Top ten foodie moments

On the hunt for great culinary moments, *BBC Good Food ME* presents ten of our best

1 Sumptuous roisserie at Nineteen, The Address Montgomerie Dubai

Escape the crowds and discover how Saturday Roasts should be. With an array of succulent meats from Nineteen's signature rotisserie grill. A sumptuous starter and dessert buffet, in addition to a multitude of zesty beverages, alluring atmosphere and picturesque backdrop. *Every Friday Saturday from 12.30 to 15.30. AED 235 for food only*



Leisurely does it at Bonnington Hotel

An oasis within the high-rise maze that is Jumeirah Lakes Towers, The Leisure Deck at Bonnington hotel is now open for 'Shisha at Sunset', and offers views of new Dubai within a 5-star residential setting.

A spot for after-work drinks, or weekend sundowners and snacks, Bonnington's traditional Arabic Shisha menu has over 50 flavours of which start from AED 55 per shisha.

'Shisha at Sunset' is on daily from 17.00 until midnight, and you can order a la carte from Sunday to Thursdays. Thursday night also has the added option of the Arabic BBQ, which could be a lovely way to wind down the week with friends.

3 Our picks this Valentine's Day

Vivaldi, Sheraton Dubai Deira Creek

Chef Daniele Bolognesi of Vivaldi, Sheraton Dubai Deira Creek has created a set menu for Valentine's Day, which includes oysters fine de Claire to start, followed by seared foie gras and turbot Viennoise. After the seafood, it is onto the rib of veal before ending the meal with an indulgent peach melba as dessert. *Vivaldi's Valentine set menu is available for AED 395 per person on 14 February.*

Valentine's dinner cruise with Dubai Creek Golf & Yacht Club

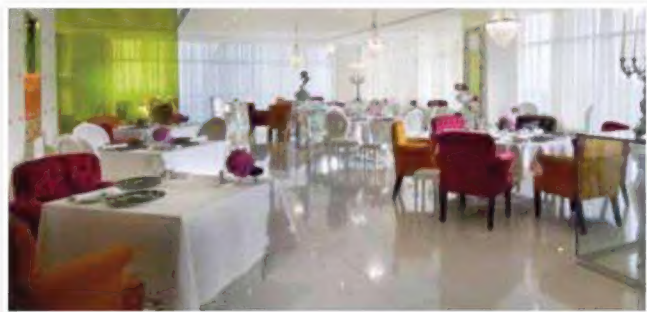
Embark on a romantic two-hour cruise along the Dubai Creek and enjoy a four-course menu including bubbly. You have a choice to enjoy a private cruise on 'Sneak away' or be one of only two couples on 'Creek breeze'.

Four-course menu with a bottle of bubbly and unlimited selected wines is priced at AED 2400 per couple.

Rhodes Mezzanine, Grosvenor House Dubai

Is your loved one a fan of Gary Rhodes? Michelin-starred celebrity chef Gary Rhodes will be in Dubai this Valentine's Day, so for an unforgettable night, take your loved one to Rhodes Mezzanine, Grosvenor House.

Chef Gary will be there on the evenings of 14 and 15 February to greet you and your partner, and you will be treated to a glass of champagne on arrival on the 15th, before enjoying a four-course set menu. At the end of the meal, each couple will receive a surprise gift. *The Rhodes Mezzanine Valentine package is priced at AED 1,200 per couple with a beverage on arrival.*



foodie moments

Asado, The Palace – The Old Town

For a decadent and exclusive experience, Asado Argentine grill is offering two private tables on the boat deck, which is a romantic spot, away from the restaurant terrace.

Choose from a Valentine set menu, or a limited a la carte menu. You will receive attentive service from your own butler, while a live Argentinean band plays. The package is inclusive of one bottle of premium sparkling beverage and a bouquet of red roses. *Priced at AED 4000 per couple, including alcohol and AED 3750 per couple, including soft beverages.*

For something special, but not as extravagant, within the restaurant you can enjoy the limited a la carte menu, and a special Valentines set menu. *AED 1200 per couple, including soft beverages and AED 1400 per couple, including two glasses of premium sparkling and free flowing house beverages.*



WIN WIN WIN: BBC Good Food ME readers can win dinner for two at Asado restaurant this Valentine's Day. Simply send your name and contact details to competitions@bbcgoodfoodme.com to be in with a chance to win this prize.

Miyako, Hyatt Regency Dubai

Experience authentic Japanese flavours at Miyako, Hyatt Regency Dubai, one of the oldest Japanese restaurants in the city. Head Chef Ryuta has created a special menu for the occasion, and roses and a box of pralines will be given out to the ladies. For a more intimate dining experience, you can book a private room, which will be especially decorated.

The Valentine's dinner at Miyako is priced at AED 600 per couple, including soft drinks, or AED 1200 per couple, including a bottle of bubbly.

Bord Eau, Qaryat Al Beri, Abu Dhabi

Bord Eau is offering a decadent five-course set menu featuring scallop gratinee and lamb cotelette. *Priced at AED 450 per person.*

Shuja Yacht, Le Royal Meridien Abu Dhabi

Enjoy a romantic yacht cruise along the Corniche, inclusive of a seafood buffet and live entertainment. *Priced at AED 190, including soft drinks and AED 290, including free-flowing sparkling wine, each lady will receive a long-stemmed rose.*

And, if you are trying to avoid the Valentine commercialism:

P.J O'Reilly's at Le Royal Meridien Abu Dhabi is hosting an anti Valentine's Day. No roses, or candlelit dinners for two here, the bar is hosting an 'All day happy hour', with live music playing from 21.00.



One of India's most beloved recording artists (and the world's most productive artist too), Asha Bhosle was in Dubai recently for the launch of her newest Asha's restaurant, which is now open in the Mall of the Emirates, Dubai.

Humble despite her fame and popularity, Asha was warm gentle and inspiring when BBC Good Food ME caught up with her last month to talk about her fervor for cooking, family recipes, secret masalas, and the fact that at the age of 77 she is still pursuing her two life passions – singing and cooking.

"When I create food for family and friends, it is like I have just recorded a song, or sang to my fans. Cooking is another creative expression for me. Just as I love to see people happy when I sing, I love to see people enjoying my food and cooking," said Bhosle.

Asha's in Mall of the Emirates is the second to open in Dubai, after the first restaurant was opened in Wafi.

foodie moments



The Chinese New Year (also known as the spring festival) is the most important festival in the Chinese calendar. This year, it falls on 3 February, and *BBC Good Food ME* is looking forward to trying out some traditional Chinese dishes to ring in the Year of the Rabbit.

From 2 to 17 February, **Saffron at Atlantis, The Palm** is offering guests a selection of dishes that are traditionally served to celebrate New Year. Yee Sang (raw fish salad), steamed Jiaozi dumplings (know to be a 'lucky' food) and Hoe See Fatt Choy, which is dried oysters and scallops served with abalone, mussels and mushrooms and garnished with black seaweed moss and baby pak choy, are just a few of the dishes on the menu.

The flaming woks of Saffron's live noodle station will serve up the Sang Mien. With noodles symbolising longevity, guests will be able to sample noodles with vegetable noodles with a variety of specially-marinated meat and seafood topping with leafy vegetables.

The Chinese New Year dinner is priced at AED 195 per person, with the lunch on 3 February priced at AED165 per person, and the brunch on 4 February priced at AED 325 per person.

Dusit Thani Dubai will also be a special place to celebrate Chinese New Year. Complete with a lion dance, a Chinese calligrapher and an array of delectable dim sums from the Dusit Delicatessen, you can a host of entertainment as you sample the Chinese delights.

Dim sums and other Asian specialities will be available from 1 to 11 February, and if you want to catch the Chinese lion dance, be sure to be at the Dusit Thani Dubai at 16.00 on Sunday 6 February 2011.

On 3 February 2011, **Spice Island at The Renaissance Hotel** will be joining in the Chinese New Year festivities. A feast of seafood, dumplings and traditional Peking duck awaits and you can snap open your fortune cookie at the end of the meal.

The Spice Island Chinese New Year dining options come in three packages: AED 169 for basic, grand buffet for AED 219 and premium experience for AED 289.



If you are struggling to maintain healthy eating habits, and want an easy way to kick-start a healthier lifestyle, the Special K Challenge might be just the thing for you. During the two week challenge, you are encouraged to eat a 45g bowl of Kellogg's Special K breakfast cereal with semi-skimmed milk for breakfast and then again for either lunch or dinner. For the rest of the day you eat normally, remembering to include plenty of fruit and vegetables. With their new flavour, Special K Oats & Honey out now and their on-pack competition to win one of 250 Miss Sixty custom jeans, it is a good time to get involved. Visit www.specialkchallenge.com for more information.

foodie moments

7 The **KEY** to The Gate

The décor of the newly opened Ibn Battuta Gate Hotel represents the journey of the 14th century traveller in interesting and tasteful ways, and *BBC Good Food ME* was excited to discover that the restaurants within the hotel are diverse in style, food and atmosphere too.

Chor Bazaar embraces the punchy flavours of northern Indian cooking with smoky kebabs of chicken, slow-cooked lamb and creamy curries as well as the scrumptious soft-but-crisp naan bread cooked to perfection in the tandoor.

Sicilia is the Italian restaurant at The Gate Hotel, and it is focused on cooking rustic Italian food in a relaxed atmosphere. The pasta is homemade, the sauces are fresh each day and the ingredients are authentic and fresh, with the chef sourcing and stocking many ingredients like tomatoes, mozzarella and basil from Italy.

For modern, elegant Chinese food, the diverse tastes of China is encapsulated in Shanghai Chic (see page 10 for more details).

Up until May 2011, guests can win discounts on their meals, free bottles of bubbly, stays at the hotel and more. All you need to do is dine at the hotel, and receive a gold or platinum key. Then, every other time you spend over AED 250 at the hotel you can use your key to 'unlock the box' and retrieve your prize.

8 GOURMET ABU DHABI

The annual Gourmet Abu Dhabi culinary festival begins on 2 February and for 16 days the culinary festivities will take place in 13 of the emirate's fine dining outlets. The festival also marks the beginning of its soon-to-be-launched hotel and tourism food and beverage outlets classification system.

There are 11 hosting restaurants this year, and 13 masterchefs (with 22 Michelin stars and three Chefs Hats between them) will be taking part. The programme is a list of epicurean promotions, culinary masterclasses, a celebrity dinner, château dinners, an Emirati Royal Dinner, Gourmet Golf Experience, charity dinner, Middle Eastern feast and the Abu Dhabi Gourmet Stars Gala Dinner.

"In just three years, Gourmet Abu Dhabi has inspired the transformation of this destination's culinary credentials," said His Excellency Mubarak Al Muhairi, Director General, ADTA. "This gastronomic lifestyle event has prompted an industry-wide uplift in standards throughout Abu Dhabi's F&B sector."



COOKING AND ART CLASSES AT AL BUSTAN ROTANA DUBAI

Discover your culinary talent and learn something new this year by joining Al Bustan Rotana's cooking and art classes.

You can learn Thai cooking tips and techniques from the chefs at Blue Elephant, the royal Thai restaurant, or learn Japanese culinary skills from the chefs at Benihana, the Teppanyaki-style Japanese restaurant.

If art and presentation is your passion, then learn the to skillfully carve fruit and vegetables, decorate cakes and more with Chef Mark, the hotel's kitchen artist.

You will be welcomed with morning coffee or tea on arrival and then watch the chef create two courses. Once the demonstration is over, you can sample what you have prepared. Each budding chef will receive a souvenir pack which includes an Al Bustan Rotana apron, chef's hat, hand-outs as well as a certificate.

The Blue Elephant Cooking Class takes place on the first Monday of every month from 10.00 to 12.00. The Kitchen Art Classes take place on the second Monday of every month from 10.00 to 12.00 and the Benihana Cooking Class takes place on the third Monday of every month from 10.00 to 12.00. AED 199 per class.

10

Fine China in Dubai

Dramatic décor and dim sums seem to be a winning combination in Dubai, as the city welcomes three new Chinese dining concepts this year.

Chi'Zen restaurant opened last month along the Marina Promenade, Dubai Festival City. The 160-seat restaurant and lounge oozes Oriental opulence, utilising a colour palette of striking blacks and rich red shades that creates a dramatic, but elegant interior. The walls are adorned with over 200 pieces of authentic Chinese art.

The space also boasts the only fully-licensed terrace in Dubai Festival City. Executive chef, Lai Ka Wing, has featured classic dishes on the menu such as Kung Pao chicken and Pan-fried beef tenderloin, but for those a little more adventurous, Rainbow jellyfish, Braised bird's nest soup and Deep fried boneless chicken wings stuffed with sticky rice is available too.

The Chi'Zen kitchen has two separate specialty rooms dedicated to the preparation and cooking of dim sum and Peking duck. The dim sum menu offers steaming parcels of shrimp, BBQ chicken and many more fillings, as well as the exclusive Chi'Zen Peking Duck with Chinese pancakes.

"Chi'Zen is a franchise of the famous and highly acclaimed Zen restaurants in Hong Kong, China, London and Mexico and we are very excited to be bringing it to Festival City. However, Chi'Zen is a brand new concept on the Zen chain offering traditional dishes, decadent delicacies and outstanding service, all in a super luxurious, yet relaxed venue," said Duncan Muir, Country Operations Manager of Foodmark, the holding company of Chi'Zen.

Shanghai Chic opened recently at Ibn Battuta Gate Hotel, Dubai. The restaurant is everything that an elegant vision of China conjures - dressed in deep reds, black lacquer and silk, graced with almost silent splashes of lime green.

This mix makes for a sophisticated, inviting atmosphere that is enhanced by the authenticity of the restaurant team, who all from China proper.

Continued respect to the authentic is mirrored throughout the Shanghai-Canton menu which features dishes that pay homage to



age-old recipes and spices but with a new age twist.

A sassy, seductive, and lively taste of China.

Yum Cha, a new Saturday brunch concept, has just launched at The Westin Dubai Mina Seyahi Beach Resort & Marina.

Simply meaning to drink tea in Cantonese, the Westin's Yum Cha Brunch offers a traditional Chinese dining concept with interesting elements including a Chinese Lion Dance, acrobats, a magician and an indoor 3D cinema for the children.

Guests can enjoy Yum Cha cuisine served steamed in bamboo baskets, and you can choose from a wide variety of Asian dishes from live cooking stations within The Westin's Blue Orange and Spice Emporium. From traditional miso soups and dim sum to the exotic Asian sweets, you can watch your meal be prepared in front of your eyes.

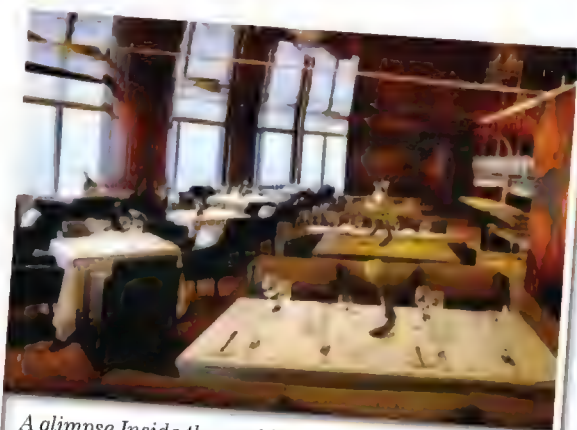
The Yum Cha brunch takes place every Saturday from 13.00 to 16.00. The 'Yummy Cha' costs AED 299 per person and includes free flowing Soju, Sake, Chinese and Thai wine selections as well as variety of beers and spirits. The 'Yum Cha' (excluding alcohol) costs AED 185 per person. Kids six to 12 dine for AED 99 and children under 6 eat free.

IN BRIEF:

Jamie's Italian

“I should have been Italian. There is such diversity in lifestyles, cooking, traditions and dialects. This is why as a chef I find this country so exciting and what inspired me to create Jamie's Italian,” said Jamie Oliver.

After a few months of delay, *BBC Good Food ME* is thrilled to report that Jamie's Italian is opening this month. Located along the Marina Promenade in Festival City, the interior design is a fusion of rustic deli, warehouse and Italian glamour as dramatic glass chandeliers are contrasted with corrugated iron, wood and brick. The menu is equally as diverse, with classic Italian flavours put together only as Jamie can – we can't wait to dig in. Watch out for upcoming editions of *BBC Good Food ME* as we present recipes from the Jamie's Italian menu.



A glimpse Inside the world's highest restaurant, At.mosphere, that opened last month on level 122 of Burj Khalifa, the tallest building in the world.

“The highlight of At.mosphere is its emphasis on the highest standards in food quality using only fresh ingredients serving modern eclectic European cuisine with an emphasis on grilled items. A dedicated team of experienced kitchen and service professionals will ensure dignified service, with the highest regard for guest privacy,” said Marc Dardenne, chief executive officer, Emaar Hospitality Group, which manages the At.mosphere.

Kitchen gadgets

People who love to cook often find a good collection of convenient kitchen gadgets very useful to have around. In this collection of kitchen gadgets from Tavola we feature a selection from the world finest brands.

WMF Profi plus collection: The Profi plus range from WMF, is over 100 different kitchen gadgets that meets the exacting standards of professional cooks. The range is made from high grade Cromargan 18/10 stainless steel.



Shaped Egg rings from Kuchenprofi: An Egg Ring is made to hold individual eggs so they can be cooked into a perfectly round shape. Egg Rings keep the egg from spreading around the pan, so more eggs can be cooked at the same time. This works well for fried or poached eggs.

Joseph Joseph: The stylish and unique Index™ chopping boards from Joseph Joseph is an award-winning design of cutting boards, designed to reduce cross-contamination of different food types.



Zyliss Mandoline Slicer: Internationally-respected for design, quality, functionality, and durability. The julienne blade inserts help to get perfectly even julienne strips whereas the other blades enable the user to slice fruits and vegetables into uniform pieces.



Where is the love?

Arabic cooking show host, recipe book writer and *BBC Good Food ME* columnist, *Suzanne Hussein* explores the joys of the kitchen, the heart of the home

While not trying to sound like a cliché, I believe in love. It is the most beautiful and powerful feeling. Our ability to care deeply for one another can be the catalyst that could change the world.

This month we are all searching for that certain gift, bouquet of flowers or helium-filled balloons to give to our loved ones. While all gestures of appreciation and love are special, they don't need to be expensive or too indulgent. And you don't have to look too far for an opportunity to show someone you care. The heart of the home, your kitchen, is where the love is.

Growing up in Canada I remember coming home from school on the coldest days only to be greeted by the smell of freshly-baked pita bread lovingly made by my mother. I remember cutting my piece of cheddar cheese, and waiting for the moment the hot bread came out of the oven. Quickly I would open up the pita pocket and trap my piece of cheese in the bread, so that would melt and ooze. So divine! My memories will always be flooded with that unforgettable aroma and love.

There were many of those special times baking alongside my mother and feeling warm, secure and full of anticipation as she took out yet another pan of cookies from the oven. She often made us rice pudding, where she would stir and stir and sing old songs that today I can recall word for word. I know it was because of that moment in time, that all my senses were focused on what was cooking in my mother's loving kitchen.

The kitchen is the heart of the home and it is alive with golden opportunities to share with our children. I used to make my children's birthday cakes every year when they were young. To see the look on their eyes the following morning was priceless. I have bought a cake on occasions, which they don't even recall, but they can talk about every cake I made for them.

Cooking together and ultimately eating together creates a bond like nothing else, and making a mess is only half the fun. Children never forget precious moments like these.

Thinking of holiday times, it's not the gifts that bring family and friends together but the meals and traditions around food that puts a smile on everyone's face. The gathering around a common table and breaking bread forges new friendships and brings different people together at peace speaking the universal language of food.

Of course, I love to go out and have a lovely dinner in a restaurant and be pampered from time to time. It can be a great experience, but it can also be one lacking heart and soul.

Not having to deal with restaurant reservations on Valentine's day is liberating. Why go out when there is so much love bubbling in your kitchen!

Cooking with your significant other is an intimate experience. While chopping, sifting, and stirring and cooking up a storm, you rediscover one another, you laugh, maybe cry and share stories.

These special moments will become part of your happiest memories. And then you look at the meal you've made together and a quick glance at each other as if to say 'well done'. That's true love and it began in the kitchen. To learn more about Suzanne Hussein visit www.suzannehusseini.com.

“The kitchen is the heart of the home and it is alive with golden opportunities to share with our children”



Baklawa

MAKES 4 DOZEN PIECES

2 pkg filo pastry (450 g each), defrosted in the fridge the night before (Apollo is my favorite brand)
2 ½ cups clarified butter, melted
5 cups pistachios, coarsely ground
¾ cup sugar
2 tbs orange blossom water
2 tbs rosewater
¾ cup pistachios, finely ground
4 cups rose syrup (see recipe on page 206)

1 Prepare the filling by combining the ground pistachios, sugar, rose and orange blossom waters and set aside.

2 Take out the filo pastry and leave it to come to room temperature while still sealed in the package. Preheat the oven to 180°C. Set up your working station by opening the filo pastry and covering with a slightly damp cloth. Put the melted butter into a deep bowl and use a pastry brush to coat a 30 x 42 cm baking pan (about 1 cm deep). Take one sheet of the filo pastry and lay it in the pan. Dip one hand in the butter and sprinkle over the filo sheet. Using the same hand tap the pile of dough to pick up the top one and place it in the pan. Continue until all of the sheets are used. Spread the pistachio filling to cover the filo pastry right to the edges of the pan. Continue layering and sprinkling butter in between each sheet of filo pastry using the second package. Finish by coating the top generously with melted butter. Using a very sharp knife cut through to the bottom of the baklawa into long strips and then on angle to make diamond-shaped slices.

3 Bake in the preheated oven for about 1 ½ hours. Oven temperatures vary. Keep a watchful eye on the baklawa: as it bakes, the layers will begin to puff up, becoming crisp. Don't allow the baklawa to brown; it should be an ivory colour. Sometimes I place a sheet of foil lightly on top to prevent it from browning. Remove the finished baklawa and while hot immediately pour on the cool syrup. Garnish each piece with a pinch of the finely ground pistachios. Leave to cool and fully absorb the sweet syrup. Serve at room temperature.



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OTHER SPONSORS



The public have casted their votes, the judges are making their final decisions, and it is almost time to announce the winners of the **BBC Good Food Middle East Awards**. With patron sponsor Miele, these prestigious awards will recognise and reward 14 of the best chefs in the UAE for the taste, quality and creativity of their food. The winners will be announced online at the end of February, with full, detailed coverage in the March issue of the magazine.

THE FINALISTS

Best European

- Rhodes Mezzanine, Grosvenor House
- Reflets par Pierre Gagnaire, InterContinental Festival City
- Frankie's Italian Bar & Grill, Oasis Beach Tower
- Traiteur, Park Hyatt Dubai
- Rivington Grill, Souk Al Bahar

Best Asian

- Zuma, DIFC
- Peppercrab, Grand Hyatt Dubai
- Okku, Monarch Hotel
- Mango Tree, Souk Al Bahar

Best Latin American

- Maya, Le Royal Meridien Beach Resort & Spa
- Asado, The Palace Hotel
- La Parilla, Jumeirah Beach Hotel

Best MENA (Middle East & North African)

- Awtar, Grand Hyatt Dubai
- Al Hadhherah, Bab Al Shams
- Marrakech, Shangri-la Dubai

Best Brunch

- Al Qasr, Al Qasr Hotel
- Traiteur, Park Hyatt Dubai
- Bubbalicious, The Westin

Best Cafe

- Paul Bakery & Restaurant
- Lime Tree Café
- More Café

Best for Casual Dining

- Yo Sushi!
- Social House
- Carluccio's

Best Bar Food

- Trader Vic's Dubai
- Nessesauzzi, Al Manzil Hotel
- Caramel Restaurant & Lounge, DIFC
- Après Bar, Mall of the Emirates

Best Steakhouse

- JW Steak House, JW Marriott Dubai
- The Meat Co., Madinat Jumeirah
- Grand Grill, Habtoor Grand
- Ruth's Chris, The Monarch

Best use of Organic Produce

- Baker & Spice, Souk Al Bahar
- Magnolia, Al Qasr Hotel
- Organic Foods & Cafe, Dubai Mall

Best Dessert

- Rivington Grill, Souk Al Bahar
- Maison Sucre, Abu Dhabi
- Paul Bakery & Restaurant

Best Vegetarian menu

- Magnolia, Al Qasr Hotel
- Spectrum on One, Fairmont Dubai
- Lime Tree Cafe, Jumeirah Beach Road

Best New Restaurant

- Rhodes Twenty10, Le Royal Meridien Beach Resort & Spa
- Cavendish, Bonnington Hotel
- West 14th, Palm Jumeirah Dubai

Restaurant of the Year

- Reflets par Pierre Gagnaire
- Rhodes Mezzanine
- Traiteur
- Zuma



Voting for the BBC Good Food ME Awards closed on 31 January 2011. Thank you for getting involved, we received over 2000 individual votes, which is fantastic.

Our independent panel of industry professionals have dined out and judged the restaurants based on specific criteria and, in conjunction with the votes from the public, the winners of the first-ever BBC Good Food ME Awards will be decided.

Through a combination of consumer opinion and professional standards the awards are celebrating the incredible food experiences the UAE has to offer.



Thank you for voting!

The winners will be announced online at the end of February, and don't miss the March issue of BBC Good Food ME, which will have full coverage of the awards ceremony, the finalists and the winners.



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PRESENTED BY



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with rice noodles



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with crunchy slaw & raita



18 Chicken tikka tortillas



Everyday recipes

- Make it tonight
- Eat well all week
- 5 healthy suppers
- Guilt-free indulgence

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30 Lemony mushroom pilaf



28 Turkey noodle soup



Cook smart, eat smart

It can be a struggle to get kids to eat more healthily, especially when life is busy. To help, mother-of-four Felicity Barnum-Bobb, an expert on children's food, shares practical advice and simple recipes – food that all the family will enjoy PHOTOGRAPHS GARETH MORGANS

2 from the fridge

It's easy for kids to take the healthy option with these homemade 'ready meals' waiting in the fridge

READY-TO-GO WRAPS...

Chicken tikka tortillas

MAKES 8 • PREP 5 MINS • COOK 1½ MINS

Easy  Low fat



Cut 8 large squares of greaseproof paper. Top each with **1 tortilla wrap**, then spread with **1 tsp pepper salsa**. Top with **tikka chicken slices** from a 210g pack. Add **2 chopped whole roasted red peppers** and **8 chopped green olives**. Roll up, then wrap tightly with the paper, twisting ends. Keep in fridge for up to 2 days. To serve, microwave each tortilla on High for 1½ mins.

PER TORTILLA 219 calories, protein 12g, carbohydrate 30g, fat 6g, saturated fat 1g, fibre 2g, sugar 4g, salt 1.97g

FILL-YOU-UP SALAD...

Three-bean salad with tuna

SERVES 4 • PREP 10 MINS • COOK 5 MINS

Easy   High in fibre, good source of vitamin C, counts as 2 of 5-a-day, low fat

Boil **100g frozen pea & bean mix** until tender. Drain and rinse under cold running water. Tip into a bowl with a **410g can mixed beans**, drained, plus a **400g can flageolet beans**, drained. Mix in **1 deseeded and chopped red pepper** and **¼ chopped cucumber**. Add **130g can tuna chunks**, drained, and **6 tbsp low-fat honey and mustard dressing** (we used English Provender). Mix and chill for up to 2 days.

PER SERVING 210 calories, protein 18g, carbohydrate 30g, fat 3g, saturated fat none, fibre 9g, sugar 10g, salt 0.91g

Fun finger food

Food for fussy eaters

Even the most finicky kids will want to tuck in

THEY'LL LOVE FISH FINGERS...

Crunchy fish fingers

SERVES 4 • PREP 10 MINS • COOK 15 MINS **Easy**  *Good for you, low fat*

Try pollack – it's good value, sustainable, and makes a tasty alternative to cod.

250g/9oz pollack fillets
juice ½ lemon
½ tsp fish seasoning
(we used Schwartz)
50g/2oz polenta
50g/2oz dried breadcrumbs
1 omega-3 enriched egg, lightly beaten
2 tbsp olive oil
mangetout, broccoli and mashed potato,
to serve

1 Heat oven to 200C/fan 180C/gas 6. Cut the fish into 8 pieces, then squeeze over the lemon juice.

2 Line a baking sheet with baking paper, and mix the fish seasoning, polenta and breadcrumbs on this. Dip the fish into the egg, then turn several times in the polenta and breadcrumb mixture to coat. Repeat with all the pieces of fish.

3 Drizzle with olive oil and bake for 15 mins, turning halfway through cooking. Serve with mangetout, broccoli and mashed potato.

PER SERVING 205 calories, protein 15g, carbohydrate 20g, fat 8g, saturated fat 1g, fibre none, sugar 1g, salt 0.32g



A firm favourite

Packed with goodness






Boost their 5-a-day

To get the maximum benefit, eat a variety of fruit and veg throughout the day

ADD SALAD TO SARNIES...

Egg & mega cress sandwich

SERVES 2 • PREP 10 MINS • COOK 8 MINS

Easy    *Heart healthy, good source of omega-3, counts as 1 of 5-a-day, low fat*

Put **2 omega-3 enriched eggs** into a pan of cold water, bring to the boil, and time 8 mins from when the water starts to boil. Cool under running water, then peel and mash with **1 tbsp each salad cream and yogurt**. Spread onto **2 slices brown bread**, then top with **½ punnet mustard cress**, a **small handful baby spinach leaves** and **1 coarsely grated carrot**. Sandwich with two more slices of bread, cut and serve.

PER SERVING 222 calories, protein 12g, carbohydrate 22g, fat 10g, saturated fat 3g, fibre 4g, sugar 8g, salt 0.86g




Make one, take one

A supper made with delicious lunchbox leftovers in mind – great for grown-ups, too

SERVE UP SPICY RICE...

Quorn & carrot pilaf

SERVES 4 PLUS LEFTOVERS FOR 4 • PREP

15 MINS • COOK 30 MINS **Easy**   

Good source of fibre, counts as 2 of 5-a-day

Quorn is a great choice if you have vegetarians and meat-eaters in the same household.

- 3 tbsp vegetable oil
- 1 large onion, chopped
- 1 large aubergine, cubed
- 1 garlic clove, crushed
- 3 tbsp balti curry paste
- 1 large sweet potato, cubed
- 250g/9oz carrots, grated
- 250g/9oz French beans, trimmed and halved
- 350g/12oz basmati rice
- 300ml/1/2pt reduced-fat coconut milk
- 200g bag baby spinach leaves
- 2 x 140g packs low-fat Quorn fajita strips with Mexican spices

1 Heat the oil in a large pan. Add the onion and cook for 5 mins until softened but not browned. Stir in the aubergine and cook for 5 mins, adding the garlic and curry paste with 1 min to go.

2 Stir in the sweet potato, carrots, beans, rice, 700ml water and coconut milk. Bring to the boil, cover and simmer for 15 mins.

3 Add the spinach and Quorn strips to the pan, stir everything together, then cover and leave off the heat for 5 mins. Save one-third of the dish for tomorrow and serve the rest.

PER SERVING 410 kcalories, protein 14g, carbohydrate 61g, fat 14g, saturated fat 5g, fibre 7g, sugar 9g, salt 1.40g



PACK A HEALTHY LUNCHBOX

- Freeze little pots or tubes of fruit smoothie. They will keep the lunchbox cool and be ready to drink by lunchtime.
- If your kids want a sarnie every day, vary the bread. A roll one day, a bagel the next, will give you enough variety to stop them getting bored.
- Crudité's of colourful veg with strips of pitta bread and a mini portion of houmous is a healthy, protein-packed option. Wrap the veg sticks in damp kitchen paper to keep them fresh.
- Let children help to pack their lunchboxes the night before. After tea is a good time, when they're not hungry and can be persuaded to pick healthy options.
- Try devising a mix-and-match chart for the week and letting the kids devise their own menu.





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EVERYDAY

Eat well all week




Health food writer Lyndon Gee's recipes are just what you're looking for – simple, satisfying midweek meals

PHOTOGRAPHS AMANDA HEYWOOD

5

feelgood
recipes

Sesame & honey tofu with rice noodles

SERVES 4 • PREP 15 MINS • COOK 30 MINS **Easy**    **Superhealthy** High in fibre, good source of iron, calcium and vit C, counts as 2 of 5-a-day, low fat

2 tbsp toasted sesame oil
396g pack firm tofu, cut into sticks
1cm x 3cm, and patted dry
150g/5½oz dried brown rice noodles
1 tbsp tamari (gluten-free soy sauce)
2 tsp Chinese five-spice
1 tbsp clear honey
1 red pepper, thinly sliced
1 bunch spring onions, cut into fingers
2 heads pak choi (about 200g/7oz), washed
and leaves separated

1 Heat half the oil in a frying pan over a medium heat. When hot, add the tofu and cook for 5 mins on one side. Turn, then fry for another 3 mins. Continue cooking for 10 mins more, turning regularly – make sure you scrape up any bits that are stuck. Don't worry if it falls apart a little, these pieces become crispy. Remove to a plate and keep warm.

2 Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing ½ tbsp oil, tamari,

five-spice and honey.

3 Heat the remaining ½ tbsp sesame oil in the frying pan and cook the pepper for 1 min, then add the onions and pak choi. Toss together for 3 mins, until just wilted. Add the noodles and half the dressing and mix well. Heat through and divide between 4 bowls. Top with the tofu and drizzle remaining dressing over.

PER SERVING 297 kcals, protein 12g, carbs 40g, fat 11g, sat fat 2g, fibre 3g, sugar 9g, salt 1.22g

Try tofu this month



Mustard glazed pork with apple Caesar salad

SERVES 4 • PREP 10 MINS • COOK 15 MINS **Easy** **Superhealthy** Counts as 1 of 5-a-day

4 lean pork escalopes or loin steaks, trimmed of any fat
1 tbsp Dijon mustard
1 tbsp extra virgin olive oil
juice ¼ lemon
1 tsp Worcestershire sauce
3 tbsp low-fat natural yogurt
50g/2oz Parmesan cheese, finely grated
2 apples, unpeeled, cored and thinly sliced
2 baby romaine lettuce (about 300g/11oz), leaves separated and large ones roughly torn

1 Brush the pork with 2 tsp of the mustard and set aside. In a large bowl, mix all the remaining ingredients, except the lettuce, with some seasoning. Top with the leaves but don't mix together yet.

2 Griddle or grill the pork for 3-4 mins on each side, until cooked through and golden, then allow to rest for 1 min. Slice the pork then toss with the salad and dressing, combining everything well.

PER SERVING 283 kcals, protein 34g, carbs 10g, fat 12g, sat fat 4g, fibre 2g, sugar 10g, salt 0.79g



Fresh, healthy twist



Substantial veggie supper

Bean enchiladas SERVES 4 • PREP 10 MINS • COOK 30 MINS **Easy** **Superhealthy** High in fibre, good source of iron, calcium and vit C, counts as 4 of 5-a-day

1 tsp olive oil
2 onions, chopped
280g/10oz carrot, grated
2-3 tsp chilli powder (mild or hot, according to your taste)
2 x 400g cans chopped tomatoes
2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
6 small wholemeal tortillas
200g/7oz low-fat natural yogurt
50g/2oz extra-mature cheddar cheese (or veg alternative), finely grated

1 Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to

the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.

2 Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.

3 Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling. Serve with a green salad.

PER SERVING 430 kcals, protein 23g, carbs 60g, fat 13g, sat fat 4g, fibre 15g, sugar 17g, salt 1.36g

Basque-style salmon stew

SERVES 4 • PREP 10 MINS • COOK 25 MINS **Easy** **Superhealthy** Heart healthy, good source of omega-3 and vit C, counts as 3 of 5-a-day


1 tbsp olive oil
3 mixed peppers, deseeded and sliced
1 large onion, thinly sliced
400g/14oz baby potatoes, unpeeled and halved
2 tsp smoked paprika
2 garlic cloves, sliced
2 tsp dried thyme
400g can chopped tomatoes

4 salmon fillets
1 tbsp chopped parsley, to serve (optional)

1 Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly for 5-8 mins until golden. Then add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then turn down heat and simmer for 12 mins. Add a splash of water if the sauce becomes too thick.

2 Season the stew and lay the salmon on top, skin side down. Place the lid back on and simmer for another 8 mins until the salmon is cooked through. Scatter with parsley, if you like, and serve.

PER SERVING 414 kcs, protein 33g, carbs 29g, fat 19g, sat fat 4g, fibre 5g, sugar 11g, salt 0.33g



A simple salmon
disha full of flavour

Baked chicken masala with almond pilaf

SERVES 4 • PREP 15 MINS • COOK 35 MINS **Easy** Pilaf can be frozen

Superhealthy High in fibre, good source of iron and vit C, counts as 2 of 5-a-day, low fat

250g/9oz brown basmati rice
2 heaped tsp turmeric
5 tsp medium curry powder
2 tbsp flaked almonds
6 tbsp low-fat natural yogurt
2 large skinless chicken breasts (about 500g/1lb 2oz), cut into chunks
8 medium tomatoes, halved
2 large red onions, thinly sliced
½ small bunch coriander, leaves picked

1 Heat oven to 220C/200C fan/gas 7. Put the rice in a saucepan with 600ml water, 1 heaped tsp turmeric, 1 tsp curry powder and some salt. Bring to the boil, stir, cover, turn heat to low and cook for 30 mins, or until tender. Try not

to take the lid off during cooking. Remove from heat and leave covered for 5 mins. Add the almonds, and fluff with a fork.

2 Meanwhile, mix 2 tsp curry powder, the remaining turmeric, 2 tbsp yogurt and seasoning. Add chicken and toss to coat.

3 Toss the tomatoes and onions in a roasting tray with the rest of the curry powder, then nestle in the chicken pieces. Bake for 15-20 mins until the chicken is cooked through and the veg are soft. Scatter over the coriander and serve with the rice and remaining yogurt.

PER SERVING 459 kcals, protein 41g, carbs 61g, fat 7g, sat fat 1g, fibre 6g, sugar 11g, salt 0.42g



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EVERYDAY

Dip in!




Lucy Netherton's make-ahead dips prove that stylish party food doesn't have to involve hours of fiddly preparation

PHOTOGRAPHS MYLES NEW



Keep a batch
in the freezer

Warm Mexican bean dip with tortilla chips

SERVES 8 • PREP 5 MINS • COOK 25 MINS **Easy**    (DIP)

Superhealthy 1 OF 5-A-DAY

Fry 1 **chopped onion** in 1 **tblsp olive oil** until soft. Add 1 **tsp each soft brown sugar, wine vinegar** and **Cajun seasoning**. Cook for 1 min then add 400g **tin mixed beans** and 400g **tin chopped tomatoes** with **garlic**. Simmer for 10-15 mins until the sauce has thickened then season. Scatter **handful grated cheddar** onto 100g **tortilla chips**. Microwave on High for 1 min until cheese has melted. Serve alongside the dip (top with some chopped avocado if you like). Make ahead and reheat dip before guests arrive.

PER SERVING 144 kcaIs, protein 6g, carbs 16g, fat 7g, sat fat 2g, fibre 3g, sugar 3g, salt 0.76g



Lime & coconut dhal

SERVES 8 • PREP 5 MINS • COOK 15 MINS

Easy   

Heat 1-2 **tblsp mild curry paste** in a pan for 1 min. Pour in 160ml **tin coconut cream** and stir to combine. Add the **zest of 1 lime**, 1 **heaped tsp brown sugar** and a drained 400g **tin lentils**. Bring to a simmer and cook for 10 mins, adding a **squeeze of lime juice** and seasoning. Stir through a **handful chopped coriander** and serve with 2 **warmed naan breads**, cut into fingers. Sprinkle extra coriander on the dhal if you like. Great warm or at room temperature.

PER SERVING 104 kcaIs, protein 3g, carbs 7g, fat 8g, sat fat 6g, fibre 2g, sugar 2g, salt 0.39g




Ready in
20 minutes



Healthy choice

Edamame & chilli dip with crudités

SERVES 8 • PREP 10 MINS • COOK 5 MINS **Easy**  

GOOD FOR YOU, LOW FAT

Cook **300g frozen soya beans** in boiling salted water for 4 mins. Drain and cool under cold running water. Blitz with **150g low-fat natural yogurt**, **1 chopped red chilli**, **juice 1 lime** and **1 crushed garlic clove** until smooth. Fold in **1 finely chopped red onion** and a **handful chopped coriander**. Serve with **halved radishes** and **sticks of carrots, celery and peppers**. The dip will keep covered in the fridge for up to 3 days.

PER SERVING 71 kcal, protein 6g, carbs 6g, fat 3g, sat fat 1g, fibre 2g, sugar 2g, salt 0.04g

Smoked trout pâté & pitta crisps

SERVES 8 • PREP 10 MINS • COOK 12 MINS **Easy** 

GOOD FOR YOU

Heat oven to 220C/200C fan/gas 8. Halve **4 pittas** and cut into wedges. Brush with **2 tbsp olive oil**; sprinkle with **salt** and **chopped dill**. Cook for 10-12 mins until crisp. Flake **240g hot smoked trout fillets** and mix with **200g reduced fat soured cream**, **1 tbsp chopped gherkins** and **2 tbsp chopped dill**. Serve with the crisps.

PER SERVING 175 kcal, protein 11g, carbs 18g, fat 7g, sat fat 2g, fibre 1g, sugar 2g, salt 1.30g





Nibbles or smart starter

No cooking required



Creamy pesto with prosciutto dippers

SERVES 8 • PREP 10 mins • NO COOK **Easy**  

Mix a **300g tub light soft cheese** with **2 tbsp basil pesto**. Take a **140g pack grissini** (bread sticks) and halve each one. Cut **90g pack prosciutto** into strips and wrap around the end of each grissini. Serve alongside the pesto dip. Scatter **1 tbsp pine nuts** over dip and drizzle with **extra virgin olive oil** before serving.

PER SERVING 179 kcal, protein 9g, carbs 14g, fat 10g, sat fat 4g, fibre 1g, sugar 3g, salt 1.22g

5 Healthy suppers

If you're struggling to get into a healthy routine, these delicious recipes will help to restore the balance

RECIPES **LUCY NETHERTON** PHOTOGRAPHS **WILL HEAP**

USE UP
LEFTOVERS



Comforting meal in a bowl
– and it's low fat

Turkey noodle soup

SERVES 4 • PREP 10 MINS • COOK 10 MINS **Easy** **Superhealthy** Counts as 1 of 5-a-day, low fat. *This soup is a great way to use up chicken or turkey, and it can be spiced up with sliced red chillies if you like a bit of a kick.*

1.2 litres/2 pints low-sodium chicken stock
4 small carrots, peeled and chopped
140g/5oz medium egg noodles
200g/7oz shredded, cooked turkey or chicken
200g/7oz frozen peas
1 bunch spring onions, sliced, white and green parts separated

Bring the stock to the boil and throw in the carrots. Boil for 4 mins, then

add the noodles and simmer for 3 mins. Stir in the turkey, peas and the white part of the spring onions, heat for 1 min or until everything is hot through. Ladle into bowls, scatter with the green part of the onions to serve.

PER SERVING 285 kcals, protein 23g, carbs 36g, fat 6g, sat fat 1g, fibre 5g, sugar 6g, salt 0.42g

Tandoori lamb skewers with crunchy slaw & raita

SERVES 2 • PREP 10 MINS •

COOK 10 MINS **Easy** **Superhealthy** High in fibre, good source of iron and vit C, counts as 3 of 5-a-day

4 tbsp 0% fat Greek yogurt
1 tbsp tandoori paste
175g/6oz leg of lamb steak, all visible fat removed, cubed
small bunch coriander, chopped
2 wholemeal chapatis
FOR THE SLAW
1 carrot, peeled and sliced into strips with a peeler
¼ white cabbage, shredded
1 red onion, sliced
juice 1 lime
2 tsp olive oil
1 tsp mustard seeds

1 In a medium bowl, combine 2 tbsp of yogurt with the tandoori paste. Add lamb, mixing to coat all the pieces. Make raita with the remaining yogurt, 1 tbsp of the chopped coriander and some seasoning, then set aside. For the slaw, mix together all of the vegetables and the remaining coriander in a large bowl, then stir in the lime juice, oil and mustard seeds.

2 Heat the grill to high. Divide the lamb between 4 skewers, grill for 3-4 mins each side, until lightly charred and cooked through. Serve with the slaw, raita and warmed chapatis.

PER SERVING 441 kcals, protein 30g, carbs 41g, fat 18g, sat fat 5g, fibre 8g, sugar 16g, salt 1.14g

Three of your 5-a-day

TASTE TEAM COMMENT

'The flavours were fantastic. The children really enjoyed these and I was surprised at how little time it took to marinate the lamb.' ANNA MARIA

EVERYDAY



Homemade fish finger sarnie

SERVES 4 • PREP 15 MINS • COOK 30 MINS

Easy  Fish only uncooked **Superhealthy**
Good source of folic acid, counts as 1 of
5-a-day, low fat


300g/11oz skinless white fish fillet
1 large egg, beaten
50g/2oz cornflakes, blitzed or bashed
into crumbs
3 sweet potatoes, cut into chunky chips
1 tbsp olive oil
4 small wholemeal buns
small handful mixed salad leaves
1 lemon, cut into wedges
FOR THE TARTARE SAUCE
2 tbsp light mayonnaise
1 tbsp gherkins
1 tsp capers, rinsed and chopped

1 Heat oven to 200C/180C fan/gas 6.
Cut the fish into 4 equal-sized portions. Dip
in beaten egg, coat in cornflakes, then chill
for 10 mins. Toss sweet potatoes in oil and
seasoning, then cook for 20 mins on a
baking tray. Meanwhile, make the tartare
sauce. Mix all the ingredients with some
seasoning, then set aside.

2 Remove the sweet potato chips, turn them
over, add the fish to the tray and cook
everything for 15 mins more, turning the fish
halfway through. When cooked, add a few
salad leaves to each bun, top with a fish finger
and a dollop of tartare and serve with the chips
and lemon wedges for squeezing over.

PER SERVING 410 kcs, protein 23g, carbs 63g, fat 9g,
sat fat 2g, fibre 6g, sugar 12g, salt 1.47g

Lemony mushroom pilaf

SERVES 4 • PREP 10 MINS • COOK 30 MINS **Easy**  **Superhealthy** Counts as 1 of
5-a-day, low fat. *Cooking the mushrooms and onion in stock is so much healthier than
frying them.*

500ml/18fl oz vegetable stock
1 onion, sliced
300g/11oz mixed mushrooms, sliced
2 garlic cloves, crushed
200g/7oz mixed basmati and wild rice
zest and juice 1 lemon
small bunch snipped chives
6 tbsp light soft cheese with garlic & herbs

Put 2 tbsp of the stock in a non-stick pan,
then cook the onion for 5 mins until
softened – add a splash more stock if it

starts to dry out. Add mushrooms and garlic
and cook for 2 mins more. Add the rice and
lemon zest and juice, mixing well. Pour in
remaining stock and seasoning and bring to
the boil. Turn down, cover and simmer for
25-30 mins until rice is tender. Stir through
half each of the chives and soft cheese, then
serve topped with the remaining chives and
soft cheese.

PER SERVING 249 kcs, protein 12g, carbs 44g, fat 4g,
sat fat 2g, fibre 2g, sugar 4g, salt 0.62g



Lighter alternative to risotto



Unmistakably
Mark Wilkinson

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Guilt-free indulgence



Whether you are trying to cope with food intolerances, looking to lose weight or manage diabetes, this Valentine's Day, *Michelle Robertson* discovers what chocolate alternatives are available in the UAE and where you need to go to buy them

Valentine's Day is once again upon us this month. Red roses and beautiful bouquets of flowers are in every supermarket, greeting cards with big hearts line the shelves, restaurants are promoting their Valentine's specials and elegant boxes of exquisitely-wrapped milk chocolates are abundant.

If you like chocolate - and who doesn't - then trying to avoid it during Valentine's Day is almost impossible. Not to mention other times of the year. We eat chocolate when we are in love, we eat chocolate when we were alone and often, we eat chocolate whenever the craving hits. If you happen to suffer from numerous health conditions though, such as heart disease, diabetes, coeliac disease or food intolerances or you are desperately trying to lose weight, eating conventional chocolate is sadly off the menu.

As the number of people being diagnosed with diabetes, coeliac disease and food intolerances continues to escalate, the food industry is finally starting to take notice and offering alternatives. Today, there are many different types of chocolates on the market for just about everyone, regardless of their condition. Here are our top five.

GLUTEN-FREE CHOCOLATE FOR COELIACS

Whilst the most common food for coeliacs to avoid are oats, kamut, spelt, barley, rye and wheat products such as breads, cereals, pasta, cakes and cookies, it is also imperative to keep an eye out for foods that contain hidden gluten. As some brands of chocolate contain gluten, the ingredients on chocolate bars should always be double checked. To take out the guesswork, there are several brands of chocolate in the market that are gluten-free and suitable for coeliac sufferers and those who have wheat or gluten intolerances.

We recommend Conscious Chocolates and Plamil chocolate – available at the Organic Foods and Café

SUGAR-FREE CHOCOLATE FOR DIABETICS

For delicious chocolate bars and boxes of chocolates that are suitable for diabetics or those looking to reduce the amount of sugar they consume, we recommend Thornton's diabetic chocolates or Patchi diabetic chocolates. Not only do they come in beautiful packaging but, more importantly, they do not cause insulin levels to spike as they are sugar free. However, regardless of the fact that diabetic sugar is sugar-free it is advisable to still limit the amount consumed in one sitting to just two or three small pieces.

We recommend Thornton's and Patchi diabetic chocolates – available at Waitrose and Patchi outlets

ORGANIC CHOCOLATE FOR HEALTH CONSCIOUS INDIVIDUALS

Aside from being good for the environment, supporting fair-trade and generally tasting better than conventional chocolate, organic chocolate has several health benefits. It is rich in magnesium and is generally pesticide free as the cacao used in organic chocolate is cultivated in small plots under a shade canopy. Organic chocolate is also rich in flavonoids, however the more processed the chocolate, the fewer flavonoids it retains. Overall most varieties of milk chocolate only have 25 to 50 percent the flavonoid content of dark chocolate and white chocolate unfortunately has the least amount of flavonoids.

We recommend Viviani organic chocolates - available from the Organic Foods and Café, Dubai Mall, Greens and Masdar City Abu Dhabi

DARK CHOCOLATE FOR WEIGHT LOSS

Whereas chocolate ads often portray slim, slender women eating chocolate, the reality is that most of us cannot afford to indulge, at least not very often, especially if we want to maintain our figure or lose weight. To help encourage weight-loss, dark chocolate that has over 85 percent cocoa is a healthy alternative to milk chocolate as it can suppress one's appetite and block the pathway that can lead to chocolate cravings.

Another interesting fact is that dark chocolate can help stabilise blood sugar levels and increase insulin sensitivity and proper glucose metabolism. This means that the sugar in your blood is utilised properly and doesn't convert to fat. Last but not least, as dark chocolate is quite strong, the chances of eating a whole bar are minimal. All in all, eating a few squares of dark chocolate is a great way to help maintain your weight or lose a few pounds whilst satisfying your sweet tooth. Try some with a cup of green tea for additional anti-oxidant benefits on your coffee break.

We recommend Lindt Dark Chocolate 85% cocoa – available at Spinneys

DAIRY-FREE CHOCOLATE FOR INDIVIDUALS WHO ARE LACTOSE INTOLERANT

If you can't eat dairy and are craving chocolate then there are several brands of chocolate that are dairy free but taste like regular chocolate. Firstly, there is Conscious Chocolate. This brand offers over eight varieties of chocolate, all of which are dairy free, gluten free and raw. This chocolate is suitable, not only for individuals with food intolerances but also for people who are following a vegan or raw food diet. As the cocoa in the Conscious Chocolate bars is not cooked, the chocolate hasn't lost its goodness, which is often compromised in the heating process. This means more vitamins and more minerals. Secondly, there is Plamil chocolates, which are also dairy-free and finally there is camel chocolate.

We recommend Al Nassma camel chocolate – available at Mall of the Emirates

WIN WIN WIN

If you often feel bloated after eating chocolate, then you could be lactose or soy intolerant. Find out whether you have food intolerances at the Synergy Medical Centre. To be in with a chance to win a FREE quantum assessment at Synergy Medical Centre with Dr Parviz email competitions@bbcgoodfoodme.com.



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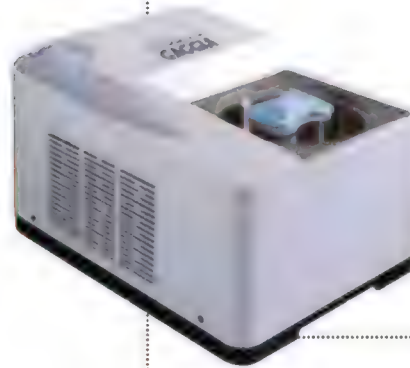
EVERYDAY

Gadgets for your home

Get all the accessories you need to whip up your favourite foods

Braun launches cordless hand blender.

The Braun Multiquick Cordless was developed with a large chopper attachment and 1 litre capacity that is perfect for preparing soft foods like sauces or to make light doughs. The chopper bowl is great for finely chopping herbs, onions, parmesan, chillies and nuts, as well as crushing ice, hard cheese and mincing meat. *Braun Multiquick is available in stores now for AED 606.*



Deliciously-creamy ice cream at your fingertips. With the **Gelatiera Gaggia** you can prepare superb ice cream in all sorts of flavours, in the creamy consistency you desire. The machine makes about 600g, and has an easy-to-clean, removable bowl. *Available at Garden Centre, Dubai for AED 1, 999.*

From chopping, whisking, cutting, shredding, juicing, liquidising, mixing and more, this powerful 800W **processor from Bosch** is a handy addition to any kitchen. What makes it unique is that this processor has a mechanism for cutting cubes, which is great for creating bruschetta toppings with tomatoes, chunky soups, stews with cubed vegetables and more. *Priced at AED 699.*



Nikai's stainless juice extractor is perfect for creating pure, fresh fruit juices at home. 600W powered, with a stainless steel micro-mesh filter basket, safety interlock switch and removable transparent juicer container.

The **10 in 1 Food Processor** from Nikai can be used for juicing, blending, processing and more. A motor speed of 1800RPM and 500W power, the processor also includes stainless steel blades and a 1.4 litre juice jar and food container.



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Chefs in the sun

The ticket prices have been lowered and the musical entertainment has been upped, and we can't wait to tuck into the food at Taste of Dubai 2011. *Lauren Hills* speaks to some of the stars of the show – the chefs – to find out more

Now in its fourth year, Dubai's favourite food festival is just getting better. From 3 to 5 March, from midday to midnight, The Amphitheatre at Dubai Media City will be an alfresco delight of fine food, live music, cooking masterclasses, foodie products and more. Over twenty restaurants are participating this year, and each restaurant will present some of the best dishes from their menus for visitors to try.

If it is anything like previous festivals, leisurely afternoons in the sun will turn to balmy evenings as you wander between food stalls sampling morsels of delicious food while chatting to some of Dubai's top chefs. What will be different this year however, is that the 'della' currency system is gone, so you can now pay for your food with cash or card, and the door price has been lowered. There is also an exciting line up of live entertainment, so visitors can enjoy a vibrant atmosphere while tucking into the food and drink.

"I think it's good that they lowered the entrance fee because now it will be more accessible for everybody. People are easily spooked

by high entrance prices, especially if on top of it they have to pay for everything separately on site," says Paul de Visser, executive chef of Ruth's Chris Steakhouse, The Monarch Dubai.

"With regards to the live entertainment I think it's a great idea, last year the entertainment was really more like background sound and even though we, Ruth's Chris, were positioned in front of the stage you couldn't hear a thing. It didn't bring an extra wow factor to the event. This year I hear they will incorporate the live entertainment acts much better with the event and they will get some great bands in. This will create a much nicer environment for everybody who will attend," he continues.

Scott Price, the executive chef of Verre by Gordon Ramsay, agrees. "For me, lowering the door price is a great thing to do, as one of the main purposes of Taste is to showcase a wide range of cooking styles. Lowering the price means people can spend the money on tasting more of the great food on offer. Increasing the entertainment will bring more of a 'festival' atmosphere and make it



more of a leisurely social event, which is perfect, especially as people are likely to stay longer and therefore try more of the food."

From Middle Eastern delicacies, to fine French food and everything in between, there are some diverse tastes to experience at this year's festival. While some of the established restaurant that the foodies of Dubai have come to know and love will be there, there are some new and exciting restaurants making their mark on the Dubai food scene too.

Celebrity chef Gary Rhodes has been a part of Taste of Dubai since the festival began. His restaurant of fine British cuisine, Rhodes Mezzanine, Grosvenor House Dubai has been a permanent fixture, and last year saw the preview of his new venture in the city, Rhodes Twenty10, a modern grill concept, which opened at Le Royal Meridien Beach Resort at the end of summer 2010.

"Taste of Dubai is very important to Rhodes Mezzanine as we feel very much a part of the festival and we do hope we can continue to become a longstanding feature. For Rhodes Twenty10, we kept our preview last year very simple, which helped us to tell the story of our restaurant concept. This year we've extended the menu to offer even more of a great variety of flavours and colours which will hopefully continue to excite our guests' taste buds," says Chef Gary.

"The festival is very important for our exciting industry that we have the opportunity to show it off to so many and with that, show the great variety of eating that Dubai has to offer, in such wonderful surroundings! It's a brilliant occasion," he continues.

This year, visitors to the festival have the chance to taste not three, but five of Chef Gary's chosen dishes from his menus; "This year we are lucky to have the opportunity to feature five dishes from each restaurant, so Rhodes Mezzanine will be offering White

tomato soup, Prawn and caviar hollandaise cocktail, Braised Wagyu beef with caramelised onion gravy, Truffled macaroni cheese and Iced lemon meringue with fresh strawberries. At Rhodes Twenty10 guests will be able to enjoy Tomato and mozzarella salad, Warm spicy aubergines, Confit duck with orange, our signature Rhodes Twenty10 Burger and Sticky toffee pudding," says Chef Gary.

New to the Dubai food scene, and to the festival is the recently-opened Cantonese restaurant, Chi'Zen, Festival City Marina Promenade. The restaurant's executive chef, Lai Ka Wing is looking forward to showcasing some dishes from the menu to a wide audience of food lovers in Dubai. Chi'Zen will be presenting the Peking duck and Whole boneless chicken wing stuffed with sticky rice, as well as dim sums, which includes Siu Mai, a dumpling made with chicken and shrimp.

"We are really excited to show Dubai real Cantonese food. Taste of Dubai gives people the opportunity to sample so many dishes they might not normally have had the chance to try, and I am looking forward to seeing the diversity of food that will be available, but most importantly, I am excited to expose people to our style of cooking" says Chef Lai Ka Wing.

Verre was one of the favourites at last year's festival and the lineup for this year sounds delicious. Executive chef, Scott Price and his team will be presenting Citrus marinated salmon with dill creme fraiche and apple salad, Spiced beef cheek with horseradish puree and celeriac persillade. The veal cheeks served by Chef Scott at last year was absolutely delicious, and we can't wait to sample the cuisine from Verre this year.

"I'll be honest, last year was quite terrifying for me. It was my first time cooking in front of an audience and I had no idea what to expect,

TASTE OF DUBAI

so it'll be great to go back and just enjoy the buzz this year. Taste of Dubai is really hard work, but is something that we love doing as we get to showcase what we are made of to so many people, which is a fantastic opportunity for the Verre team. It's great for the team to get out and network with all the other restaurants in the city," says Chef Scott.

From Ruth's Chris Steakhouse, Seared blackened Ahi Tuna with a spicy mustard sauce and an Asian salad tossed in a ponzu vinaigrette, Petit filet with asparagus, crab cake and béarnaise sauce and the restaurant's famous cheese cake is on the menu.

"What I'm looking forward to this year is easy; great food, great chefs, great people and an overall great Taste of Dubai. It means

a great deal to the food industry here in Dubai, as it gives the people of Dubai the chance to see and taste the great variety and diversity of good food and hospitality we have to offer to them," says Chef Paul.

Fine dining in a festival-style atmosphere, once you have had your fill of the food, the fun doesn't stop there. The Connector Kids Zone offers plenty of entertaining activities to keep the little ones out of mischief, and at the Philips Chefs' Theatre and Miele Cookery School you can learn the tricks of the trade when celebrity chefs, Gary Rhodes, Vineet Bhatia and Jun Tanaka share their culinary secrets during live demonstrations.

The MMI Beverage Theatre returns this year too, with sessions on a variety of tasty tipples. Enjoy a glass of wine, relax and watch live music on the Entertainment Stage, that is featuring acts from around the world including Vibrancy from JAMBASE, Robbie Williams and Elton John Tributes plus Radio 1 and 2 DJs.

Be sure to visit us at the *BBC Good Food ME* stand, where we will have goodie bags and aprons to give away to new Food Club members, cakes on offer for donations (see page 39 for more details), and loads of daily prizes. We look forward to welcoming you there.

THE RESTAURANTS

Over 20 different restaurants will be appearing at Taste of Dubai 2011 including:

Almaz by MOMO
Certo
The China Club
Rivington Grill
Indego
Rhodes Mezzanine
Rhodes Twenty 10
Maya
The Wharf
Pisces
Al Hambra
La Parrilla
Beachcombers
Rib Room
Al Nafoorah
Verre
Ruth's Chris Steakhouse
Chi' Zen
Mango Tree
P F Changs

WIN WIN WIN

Stand a chance to win one of five pairs of standard tickets valued at AED 99 each.

Simply email your name and contact details, with reference to Taste of Dubai tickets to competitions@bbcgoodfoodme.com

THE CELEBRITY CHEF LINEUP:

VINEET BHATIA

Known for his evolved Indian cuisine that harmonises all the traditional flavours of Indian cooking in modern presentation, chef, restaurateur, celebrity and cookbook author Vineet Bhatia is the first India-born chef to receive a Michelin star for his restaurant Rasoi by Vineet in London, and currently holds two Michelin stars. Bhatia has many restaurants across the globe, including the celebrated Indigo by Vineet in Dubai's Grosvenor House hotel. His latest addition to his list of restaurants is Saffron, which opened in Doha last month.

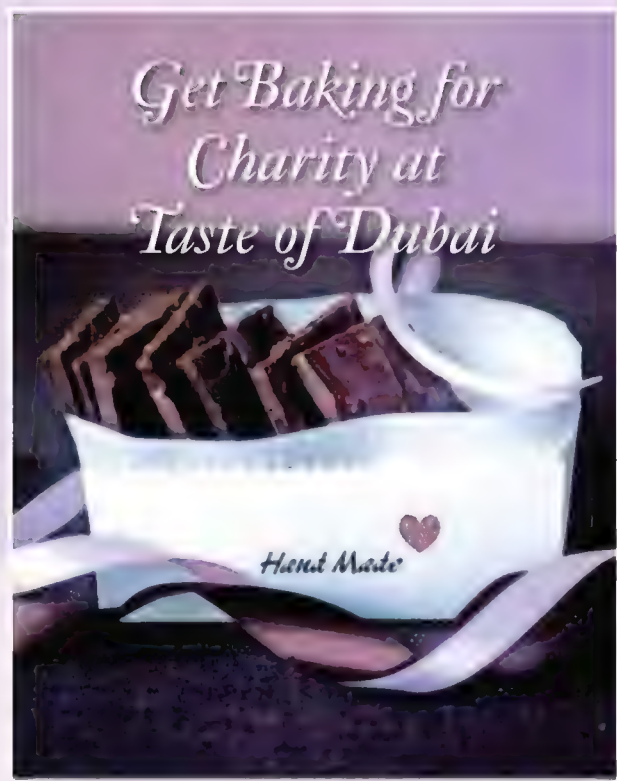
GARY RHODES

Chef, restaurateur, celebrity and author, Gary Rhodes is known for his unique mastery of the 'Great British Classics'. With Michelin stars for a variety of restaurants, Rhodes has become well known as an ambassador for British cuisine. In 2007, he opened Rhodes Mezzanine at The Grosvenor House Hotel, Dubai. In January 2008, Rhodes W3 Restaurant was awarded a Michelin star, bringing Gary's total of stars to six. This was the start of a busy and exciting year with the publication of Gary's 19th book 365. The start of 2009 saw Gary travelling around the Caribbean to film his new television series. In late summer of last year, RhodesTwenty10, a modern grill concept, opened in Le Royal Meridien Hotel, Dubai.

JUN TANAKA

Jun Tanaka has headed up the kitchen at Tsumi in London since its opening in June 2004, a time during which he has gained an excellent reputation for his modern French cuisine. Having started at Le Gavroche at the age of 19, Jun spent the next ten years working with some of London's top culinary talent in seven Michelin starred restaurants. Jun has worked and trained at Chez Nico, The Capital and The Square, and has worked under Marco Pierre White. Jun hosted his own television show, *Charme & Cooking It*. Jun's first book *Simple Irresistible* has been very well received.





Are you passionate about baking and would like to get involved in a great cause? Then, we have just the answer. *BBC Good Food ME* recently launched the Get Baking for Charity initiative, and the magazine is inviting the food-loving public of the UAE to get their recipe books open and their aprons on to create their favourite cakes, cookies, cupcakes and other baked treats to support two great charities in the region.

The homemade cakes and goodies created by the public will be given away for donations at the *BBC Good Food ME* stand at this year's Taste of Dubai food festival. The money raised from the baked goods will be equally split between two charities; an animal sanctuary on the outskirts of Abu Dhabi that has been forced to close down and now needs to re-home and care for all their animals, as well as a family in the UAE who recently had sextuplets and are struggling to care for their newborn babies.

The animal shelter is currently in need of dried food for the cats, kittens, dogs and puppies and also donations to pay for vet bills and vaccinations. 50 percent of all money raised at *BBC Good Food ME*'s Get Baking for Charity initiative will be used to purchase essential items for the shelter. The remaining money will be used to purchase food vouchers from Carrefour for the family in the UAE who needs support to feed their six babies.

Get Baking for Charity is running in participation with the soon-to-be-launched *HELP* magazine (Help Everyone Live Peacefully), the UAE's first charity magazine and website.

To participate in Get Baking for Charity, or for more information, email us at info@bbcgoodfoodme.com.

Experience a modern international grill at Rare

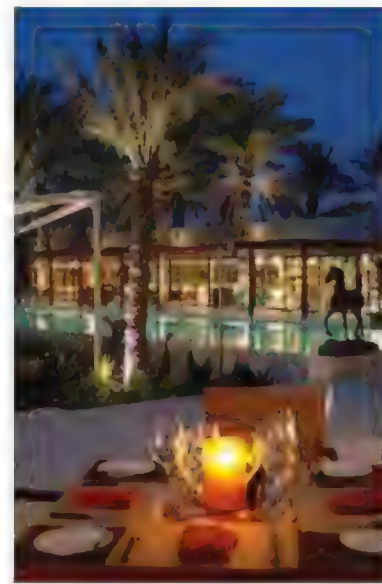
Daring to be different, Rare Restaurant's menu is evolving. Under the direction of new Executive Chef Kevin Little, this award winning restaurant is gaining elements of a modern international grill with an emphasis on simple, healthy, fresh seafood and vegetarian options as well as some of the best cuts of meats.

Guests will see a more seasonal selection featuring the best available international seafood such as, lobster, crab, oysters, Tasmanian ocean trout, cod, whole grilled sea bass, jumbo tiger prawns. Creative vegetarian options such as warm goats cheese with date and olive tapenade and traditional cuts of meat from the 300 day grain fed Australian Black Angus that have made this restaurant one of the top rated hotspots in Dubai.

New side dishes include hand-cut chips with roast garlic aioli, poached green and white asparagus with manchego butter and roasted parsnip with almond and parsley pesto.

Other new additions to the menu include a traditional English cheese board complete with a selection of farmhouse cheeses including Montgomery Cheddar, Applebys Double Gloucester, Cashel Blue and Stinking Bishop & Woolsey.

Rare Restaurant is open Monday to Saturday from 7pm – 11pm. Located at Desert Palm Retreat by Per AQUUM guests can book a table inside the restaurant next to the open kitchen or outside on the terrace overlooking the polo fields and Dubai Skyline. Please call Desert Palm on 04 323 8888, email info@desertpalm.ae or visit www.desertpalm.ae



FABULOUS WINE & DINE PACKAGE!

Desert Palm has launched a fantastic package. Enjoy a three course-meal for two people in Rare Restaurant, including a glass of house wine per person and complimentary Safedriver home. Price per couple is AED 600 and is available for pre-bookings from Monday to Saturday.

Have you eaten yet?



To call the Thais obsessed with food, is perhaps to make too light of a national and cultural pillar. This is a people whose traditional greeting is not 'Hello' but 'Have you eaten yet?' and who find a normal three-meals-a-day regime too restrictive in a country where everybody seemingly snacks constantly. *Dave Reeder* explores Thai food amidst the manic streets of Bangkok

It's little wonder that Thai food is gradually taking over the world, with its irresistible mix of coconut milk, chillies, limes, fresh herbs and salty fish sauce, all subtly mixed in an endless variety of dishes.

Of course, the nation's cuisine is a combination of flavours and techniques from both Asia and Europe, like the cuisines of much of South-East Asia - curries from India, stir-frying from China and chillies from the Americas via Portugal. However, despite countless dishes of red or green Thai curry or fishcakes dipped in hot sauce, nothing prepares you for the stunning mix of simplicity and sophistication that you find in the country itself.

And, even for a confirmed chilli-head like myself, rather surprisingly the heat quotient easily rises to 11 as you edge away from tourist restaurants and into the real life of the city. In fact, dishes in most places patronised by *farangs* (foreigners) are deliberately made less fiery.

In fact, it's a wonder that the streets of Bangkok are so constantly choked with stationary traffic, when a good half of the city appears to be preparing, cooking or eating food at any time of day!

The good news? Most Thai food is prepared quickly from fresh ingredients, with a wide variety of vegetables and fruits, making it pretty healthy apart from sugar added liberally in many dishes. Unlike Indian food, for example, Thai cuisine is based more on herbs than spices and tastes are clean and distinct. Thais traditionally seek a balanced mix of flavours in each dish - spicy, sweet, salty, sour and bitter. To create your own taste on top of this, you'll usually be offered salty fish sauce, hot seafood sauce, tangy soy sauce, sharp vinegar, dried chopped red chillies and sugar.

Thai cuisine has two main strands: a central distinction between home/street food and royal cuisine. The latter tends to be milder and more refined, with great emphasis placed on presentation. Home/street food is split regionally: northern, north-eastern, southern and central (including Bangkok). Although most royal cuisine draws heavily on central region dishes, street food stalls across Bangkok

allow the greedy traveller to sample food from across the country.

So let's hit the ground running and see what's outside the hotel!

All over the city, you'll see carts selling food - hot and cold. Most specialise in a single dish and you can check out what's being served either by seeing what's being cooked or what other customers are eating. Many will have rudimentary tables and stools, but some food is made to be eaten on the move. See what looks good and just point. If you don't enjoy the food, don't worry - it's so cheap (AED 5 or 10 is normal) that you can order something else and not break the bank!

Choose food sellers in busy places, especially those with lots of other customers - Thais know what's good and act as your quality assurance. Don't over-agonise over hygiene - the food is prepared in front of you and bad cooks won't last long with knowledgeable crowds like these

Quality ingredients are absolutely the key - you cannot cook good Thai food without them and every component to a classic dish has a reason to be there

around. So, what do you fancy? Phat Thai (stir-fried dry rice noodles), wonton soup, green papaya salad, braised pork shank (served dry or in soup), bananas fried in crisp rice-flour batter?

Bangkok street food began with sweets and foreign dishes, notably Chinese, so a visit to Chinatown is a good place to start with its lively mix of street food and shop/house restaurants with tables in the street. Don't stay in one place - remember the specialisation rule and move about for the best dishes; Chinese egg noodles, drunkard's noodles, won-ton soup, batter-fried oysters and much, much more.



TRAVEL BANGKOK

Having got the feel for street snacking, look for wider possibilities: good snacking points are markets, side streets (sois) and near transport hubs. Mix and match some of the following:

- * Green papaya salad with dried shrimp, lime, salty fish sauce, crunchy peanuts and long thin slices of green papaya. Try it with sticky rice for a change.
- * Larb is another shredded salad of ground meat or fish, lime, fish sauce and a generous helping of aromatic kaffir lime leaves.
- * Pad (noodles) come in all varieties at street carts, typically with meat or, as pad kheo mao (drunken noodles), with vegetables, shellfish or meat. One great variation has big rice noodles with river prawns and basil.
- * Tom yum is soup flavoured with fish sauce, lemongrass, kaffir lime leaves and vegetables. Add shrimp for Tom yum goong.
- * Yang are marinated meat sticks, grilled over charcoal.

❁ *Salads, grilled or steamed dishes are fine, but curries are not really healthy because of the coconut milk. We have to make changes - it can't be the same as before*

One food group you may want to steer clear of are pan-fried, seasoned insects, such as ants, grasshoppers and cockroaches. Popular snacks for the Thais, these cost pennies for a bag. If brave, maybe start with ants since they taste more of the flavouring - lime or chilli. I'd advise against cockroaches or silkworm cocoons - seriously hard core! However, fruit, either cut or juiced, is both ubiquitous and essential in the hot sticky atmosphere of the city.

So where does all this food come from? A good place to start looking is the well-known Chatuchak Market, a good slice of which is devoted to food and snacking. Ask around and you may find the special trade store where restaurant chefs hang out. Try a floating market by all means but these are now mainly tourist spots and not really how people shop any more in Bangkok - the canals are too fouled up, for a start! And do try to find time for the Emporium Supermarket (Emporium Complex) for a high-end temple to gastronomy that will make your mouth water!

Halfway between the street and fine dining in hotels lie a good variety of traditional Thai restaurants, as well as food courts in every mall with a surprisingly good choice. Many of the more interesting restaurants specialise in a single dish of type of cuisine and offer a real adventure for the confident traveller.

Coming well recommended are the following: Dr Gothom Arya (286 1952); Lai Rot (391 3193 or 279 2895); Than Yin (236 4361); Sa-nguan Sri (251 9378); Ton Kreung (391 8703); and Baan Prachachuen (585 1323). All

will cost around AED 20 for a set meal.

Moving into the fine dining world of hotels, you encounter an ironic dilemma. Most of them serve royal cuisine which, as we'll see, eschews strong flavours, garlic and too much heat, thus confusing tourists who expect Thai food to be hot, based largely on the ubiquitous red or green curry common in Thai restaurants worldwide.

"What we try hard to do," explains Chef Erwin Eberharter, corporate chef at the Dusit Thani Bangkok, "is to not change our



cooking from the traditional style that Thais expect. Yes, that may give us a challenge explaining the food to non-Thais but it's important to deliver the real thing, I think."

Although Thais are adventurous with food, most prefer their own cuisine, although pizza, pasta and all kinds of seafood are perennial favourites.

"Royal cuisine is about tradition," he insists. "Therefore it's critical to have a Thai chef in charge of the kitchen. And the key to delivery? Quality ingredients are absolutely the key - you cannot cook good Thai food without them and every component to a classic dish has a reason to be there."

For him, so-called Thai fusion food just doesn't work. "Thai cuisine is all about the exact blend of ingredients - extreme flavours perhaps, but always fresh. It just doesn't work with prepared pastes..."

Like other high-end hotels, the Dusit Thani Bangkok was hit hard by the combination of the global crisis and the reduced tourist numbers caused by civil unrest. "During the riots, we were down to 1 percent occupancy," he recalls. Now things are improving, but the challenge is to encourage tourists to stay longer in the city. "Many just have two or three days here and then go north or off to the beach..."

Running the kitchen at Benjarong in the Dusit Thani Bangkok, Sous Chef Surasak Kongsawat learned to cook from his mother and grandmother, later graduating from the Dusit training school. "They weren't trained but they gave me good techniques," he recalls. When he began his career, his family wanted

him to work in an office until the day his mother realised he was becoming a success.

"Wow, you can do it!" she said. I think now she's proud of me but I owe a lot to what I learned from her - she didn't teach me but I picked up skills and knowledge."

He grew up in the country. "There, the food is very spicy but now I'm cooking royal style which means the taste is milder and the quality much higher. In royal cuisine, you remove all the bones, you take off the skin and deliver food in small pieces. It's much more delicate. What we do is I think about 95 percent the same as what's cooked in the royal kitchens and we've added some dishes that customers want."

He is also very sceptical about foreign chefs cooking Thai food. "Some is good, sure. And it's good PR for Thai food but I worry whether the standard will be the same or the taste. Are they just looking at pictures and not understanding the real taste? Yes, they have technique, but do they have real knowledge?" he continues.

But will Thai cuisine develop or is it fated to stay locked in a cultural straightjacket? Kongsawat thinks about the question carefully. "I think it will have to evolve. For example, people are asking for more healthy meals and some traditional items we use are just not healthy. Salads, grilled or steamed dishes are fine, but curries are not really healthy because of the coconut milk. We have to make changes - it can't be the same as before."

What is certain, however, is that the combination of a proud tradition and an incredible mix of ingredients and techniques will keep Thai cuisine vibrant and ever-popular.

WHAT TO DO AND NOT DO

DON'T:

- * Discuss politics or say anything against the royal family.
- * Feed the elephants in the city. No, seriously, there's a TB problem.
- * Use a tuk-tuk unless you negotiate a fare in advance. And don't let the driver show you something special like a tailor or restaurant - it's a scam.
- * Leave rice on your plate - it's considered wasteful. However, leave a little food to show that you're full.
- * Get angry in public - you'll just lose face.
- * Get caught by the gem scam. Read this before you go: www.bangkokscams.com/undercover/top-10-scams-in-thailand.html

DO:

- * Be extra polite and be quiet in public - it's a central part of Thai culture.
- * Watch your feet - between bad pavements, food carts and loads of stray dogs, you want to be careful where you're stepping.
- * Be relatively modest in public as a couple. Despite the sex shows, Thais find public displays of affection coarse or disgusting.
- * Bargain in tourist markets but accept that local markets set local prices.
- * Look for a copy of 'Thai hawker food' (BPS), a lively and handy guide to what's on offer at street level.

GO THAI IN DUBAI

* EAT OUT

Favoured by the Thai Royal family on trips to Dubai, Benjarong at Dusit Thani (Sheikh Zayed Road - 04 343 3333) offers high-end dining in relaxed old school style. For a more relaxed vibe, Lemongrass (opposite Lamcey Plaza - 04 334 2325) offers great food at reasonable prices. Sukhothai (Le Meridien Village - 04 217 0000) and Spice Emporium (Westin Dubai, Mina Seyahi - 04 399 4141) are always good solid choices. JoyBean Noodle Bar (Dusit Princess City Centre, Deira - 04 209 5000) offers a take on street food. However, Smiling BKK (Jumeirah - 04 349 6677) is like no other restaurant in Dubai, and worth seeking out.

* EAT IN

Every supermarket has a range of Thai staples from lemongrass to tinned coconut milk, but the cuisine demands fresh, quality ingredients. These small groceries are hard to find but the search is worth it: Sunflower Thai Grocery (Street 12D, Karama - 04 396 4611), Grocery in Fish Market (Street 20B, Karama) and CM Supermarket (opposite Al Attar Mall, Karama - 04 397 8758).

FROM KITCHEN TO CLASSROOM

After a lifetime in the royal kitchen, Sisamon Kongpan now devotes herself to spreading the word about traditional royal cuisine, partly in her role at the palace's own Royal Cooking School, as a multi-cookbook author and as a consultant to Thai Airways.

I met up with her at the Amari Watergate hotel, where she consults for the stylish Thai on 4 restaurant and keeps Executive Chef Hans Peter Kaserer on his toes. "She's very strict but that's good for our team! Having her on hand is invaluable for us, but I'm still amazed at the skill of the street vendors - one of them can feed five tables by the time my brigade has done one. I wish we could learn that!"

Her passion still burns bright because she believes strongly that "no other cuisine offers so much in every dish".

Suppose, then, that she was limited to just three core ingredients - which would she choose? "Lemongrass, lime juice and fish sauce. You must understand that you don't need a lot of chillies to get the flavour - before they were brought here, we used pepper to deliver the hit."

She's keen to point out how much Thai cuisine differs regionally. "They take on characteristics from neighbouring countries - the south is influenced by Malaysia and India and so is very spicy, for example, while the north uses much more soy because of the nearness of China." The central region is the most diverse, mainly due to the spreading influence of royal cuisines.

She also explains that food differs regionally with the weather, as well as local ingredients. "The north is colder, of course, so the food is fattier whilst the south is humid and people need to sweat - hence more chillies!"

And will the cuisine change? "Yes, of course, it's always evolved. People now have much less spare time and so preparing food the traditional way is harder. That means people eat out more and use more shortcuts - stocks and pastes. Their tastes too are changing and it's hard sometimes to get guests in the restaurant to understand that certain dishes need preparing at a certain speed - they want it fast!"



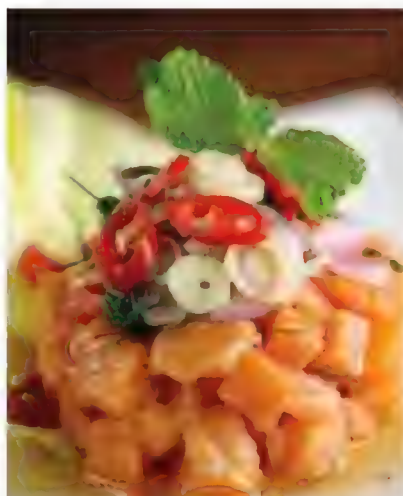
RECIPES COURTESY OF MANGO TREE BISTRO, DUBAI

Talay Prik Thai Dum

50g prawn
50g hamour fish
50g squid
15g red capsicum
15g yellow capsicum
15g green capsicum
15g white onion
10g black pepper, crushed
1 tbsp oyster sauce
1 tbsp soy sauce
2 tsp sugar

stock, as needed
corn flour, as needed
coriander tip, to garnish

- 1** Sweat capsicums and onion, then add prawn, squid and fish sautee until almost cooked.
- 2** Add stock and sauce then mix well. Add black pepper and stir well.
- 3** Thicken the sauce with corn flour and ready to serve.
- 4** Garnish with coriander tip.



Pla Salmon

100g salmon, diced
10g lemongrass, sliced
1g kaffir leaves
3g red spices, sliced
5g mint leaves
1 tbsp lime juice
1 tbsp fish sauce
1 tsp sugar
Iceberg lettuce, to garnish
mint leaf tip, to garnish

- 1** In a mixing bowl, add everything together and stir well until combined.
- 2** Garnished with iceberg lettuce and the mint leaf tips.



Kow Niew Ma Muang

3 cups sticky rice
 ½ cup coconut milk
 ½ cup water
 200g sugar
 2 tsp salt
 2 tbsp vegetable oil
 2 tbsp sugar
 1 tsp salt
 1 ½ tsp rice flour
 water, as needed
 1 cup coconut milk (for topping)

- 1 Soak sticky rice in the water over night.
- 2 Boil water on a double boiler with high heat and drain the sticky rice and steam it over double boiler for around 20 mins. Stir well and steam for around 10 more minutes until the sticky rice is cooked and soft.
- 4 Mix coconut milk, water, sugar, salt and vegetable oil in the pot and put on the low heat until boiled. Add to mixing bowl.
- 5 Add cooked sticky rice to hot coconut milk and stir well. Cover the mixing bowl with cling film around 15 mins, then open it and stir well again and cover.
- 6 Let the sticky rice cook in the mixing bowl for around 30 mins.
- 7 Make coconut milk topping by boiling coconut milk, sugar, salt on low heat.
- 8 Let the coconut milk boil for a few mins.
- 9 In the mixing bowl, mix rice flour with water and stir well then add to boiling coconut milk to thickening the topping. Stir well and let it cool down.
- 10 Serve the sticky rice topped with coconut milk with half ripe mango.
- 11 Garnish with mint leaves and icing sugar.

Chi'Zen restaurant and lounge offers an entirely new and exclusive culinary journey of its own. Offering stunning Cantonese cuisine in a sumptuous setting that overlooks the Marina, it is a definite must-experience. Enjoy some of the mouth watering offers that guarantee to leave you wanting more.

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6 - 9 pm / 10 pm - 12 am / daily

Enjoy HAPPY HOURS at our Lounge - buy one, get one free offer on cocktail and dim sum.

DIM SUM BRUNCH

AED 188 / Fridays / 12 - 4 pm

Chi'Zen invites you to an ALL YOU CAN EAT dim sum and selected house beverages.

Terms and Conditions

Cocktail or dim sum offered free will be of a equal or less value (only applicable to the Happy Hours promotion). Not valid in conjunction with any other promotion or offer.



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Desert Palm indulgence

This month, Desert Palm Dubai is offering guests a chance to relax and unwind in not one, but three different ways. For just AED 620 you and a guest can enjoy afternoon tea, an intuitive 60 minute massage and pool access. Relax, enjoy, unwind...

An escape from buzzing city life is always welcome (and often longed for) and with the Desert Palm retreat situated in Dubai, you don't have to travel far to enjoy an afternoon of relaxation in a beautiful setting. For the month of February, indulge in a scrumptious afternoon tea, a relaxing massage and access to the hotel's infinity pool in a package that is sure to de-stress you.

Scrumptious afternoon tea...

The skyline of Dubai is visible across the lush, green polo field, and as the sun goes down behind the palm trees, you leisurely sip your aromatic tea and bite into a freshly-baked fluffy scone with homemade strawberry jam at Desert Palm Dubai's Afternoon Tea.

Served on a lovely raised terrace overlooking a polo field lined with palm trees, the Desert Palm Afternoon Tea The tables are adorned with white table cloths and beautiful silverware, and just as you sit down, the waiters bring over a selection of over 20 varieties of tea. Served just as it should be in a teapot and poured into delicate teacups, Desert Palm serves tea as it is meant to be enjoyed.

For eats, a lovely tiered cake stand in purple and white porcelain is laden with sweet and savoury treats. Fresh fruits, warm scones (accompanied by clotted cream and homemade jam) and three delicious varieties of sandwiches are on offer.

And a black box holds a treasure chest of yummy delights, including a triple chocolate brownie, melt-in-the-mouth truffles, shortbread and English fruit cake. Pour yourself another cup of tea and relax as the afternoon turns to evening and you can see the glimmering skyline of Dubai in the distance.

While Desert Palm is a fantastic venue for Afternoon Tea any day of the week, if you visit on a Thursday or Saturday you have the added thrill of watching a game of polo while you enjoy your tea and treats.

A 60 minute intuitive massage at LIME Spa...

A sensual space brought to life through the creative use of texture, lighting and aromatherapy, LIME Spa offers an integrated wellness approach: spa therapies, relaxation and fitness.

The spa features five single treatment rooms and one couples' room with Geisha bath. All rooms come complete with changing facilities for absolute privacy.

LIME Spa's signature spa rituals for beauty and health include body exotics, massage, facial therapy and wellness services. The



Intuitive Massage is designed to meet your needs and leave you feeling relaxed and rejuvenated.

Relaxation at the infinity pool...

The tranquil infinity pool is situated alongside the polo fields; while swimming in the pool or lounging on the deck chairs you can look onto the lush greens of the field, to the palm trees and skyline of Dubai beyond.

Don't miss your chance enjoy this Desert Palm Indulgence special offer. Running until 28 February 2011, you and a guest can enjoy the afternoon tea, a 60 minute Intuitive Massage at LIME Spa as well as complimentary pool access for just AED 620.

With only 28 boutique suites and villas, Desert Palm by Per AQUUM offers that alternative experience for those who crave privacy while still being 20 minutes away from the exciting hub of downtown Dubai. The Desert Palm boasts a wonderful spa, designed for both individuals and couples who want to enjoy intuitive massages, tailored treatments and beauty therapy designed to nurture, indulge, energise and connect.

Food for the Weekend

Entertain
in style

54 Fallen chocolate truffle
cakewith amaretto cream



60 Cappuccino cake



53 Dark chocolate fondants
with liquid coffee centre



62 Treats a plenty





Dalia's delights

Dalia Dogmoch, of Kitsch Cupcakes and D's Kitchen, has an infectious love for food and cooking. This Valentine's Day *Lauren Hills* visits her kitchen to learn to create the perfect dinner for two

One-on-one with Dalia Dogmoch

What would be your ultimate three-course Valentine's Day dinner menu?

Apart from the dishes I presented here, I would add oysters to a romantic Valentine's menu. My husband and I love them and can't get enough of these beautiful delicacies!

What has been your most memorable dinner celebration? What made it special?

My husband surprised me with his culinary skills and prepared a 10kg roast turkey with plenty of side dishes - just for the two of us! He had just moved house and didn't have a dining table yet, so we set up the coffee table and it was the best dinner I've ever had.

How would you present the food, and dress the table so that it is romantic and stylish?

I always think less is more, especially when it comes to food as it's so

decorative by itself. In my opinion a lovely arrangement includes a delicate dinner set, a few fresh flowers, some candles to set the mood, and even using food as decorative elements like a beautiful grissini basket as a centre piece for instance. I prefer simple decoration, a silk ribbon on the napkins, those type subtle details to accentuate the table.

What are some of your tips to creating a successful dinner party?

Choose dishes where you can prepare most of the cooking before guests arrive, this way you can enjoy the company, and not just spend the entire evening in the kitchen. And don't stress too much about the outcome, it's all about enjoying yourself in the kitchen and spending a nice evening with your guests.

Chocolates or roses?

Chocolates and edible roses!



Crème of beetroot

SERVES 2

2 beetroots, peeled and chopped
1 shallot, finely chopped
350ml of chicken stock
100ml cooking crème
½ tsp allspice
salt and cracked pepper to taste

- 1** Heat a little olive oil in a saucepan and sauté the shallots until they are soft and translucent.
- 2** Add the beetroot and cook for a few minutes, then add the hot stock, salt and pepper and let it simmer for about 15 mins.
- 3** Once the beetroot is tender, use a hand blender and puree the soup. Add the cream, season once more to taste, and let it cook for another 5 minutes. Serve the soup in bowls and add a little swirl of cream at the end. Enjoy!

ON THE MENU Serves 2

- Crème of beetroot
- Duck breast and truffle polenta with cherry sauce
- Panna cotta with berries
- Poached pears and vanilla mascarpone



Duck breast and truffle polenta with cherry sauce

SERVES 2

2 duck breasts
50g of quick cooking polenta with truffles
(you can use plain polenta)
200ml milk
200ml water
Salt and pepper to taste
Truffle oil

FOR THE SAUCE

75g of de-seeded cherries
1 tbsp balsamic vinegar
1 tsp honey
50ml chicken stock
50ml red wine
A small knob of butter
Salt and pepper to taste

1 Preheat the oven to 200C. In a small saucepan, heat a little nut oil, and add the cherries, balsamic vinegar, honey and cook for a few minutes on med – high heat.

2 Deglaze with wine, let it cook for another few minutes, then add the stock and let it simmer for 10 minutes. Pass the sauce through a sieve, return to the saucer, season with salt and pepper, and let it simmer on low heat for 10 - 15 minutes.

3 In the mean time, slice small incisions in the skin of the duck breasts, and season generously with salt and pepper. Heat a pan on med - high heat and place the duck breasts skin side down, browning them for about 2 minutes on each side. Now place

the duck breasts in the oven for about 6 - 7 minutes, (skin side up).

4 To make the polenta, bring the milk and water to a boil, add the polenta, reduce the heat and stir continuously for 10 minutes. The polenta will thicken rapidly, so make sure to season with salt and pepper early on. Once it has reached a thick consistency, you can start plating the dish.

5 Start with the polenta, then place one duck breast on each plate, and drizzle with the cherry sauce. Bon Appétit!



Panna cotta with berries

SERVES 2

½ cup of heavy crème
½ cup of milk
25g of sugar
½ a vanilla bean
1 ½ tsp of gelatin powder
3 tbsp of cold water
½ cup of mixed berries

- 1** Heat the heavy crème, milk, vanilla seeds and vanilla bean in a saucepan, but don't let it boil. Add the sugar and let it dissolve.
- 2** In a small bowl, dilute the gelatin in cold water, and set it aside for 10 minutes. Remove the vanilla bean from the crème mixture, then add the gelatin until it completely dissolves.
- 3** Pour the Panna cotta in serving glasses or ramekins, and let it set in the fridge for at least 4 hours. Before you serve, decorate with a few berries and a little berry puree. Beautiful!

Poached pears and vanilla mascarpone

 SERVES 2

2 peeled pears
½ cups of red wine
½ cup bottled water
juice of half a lemon
¼ cup brown sugar
2 cloves
1/8 tsp cinnamon
1/8 tsp nutmeg
½ cup of mascarpone
½ vanilla bean (seeds)
2 tsp honey

1 In a pot combine the wine, lemon juice, water, sugar, cloves, cinnamon, nutmeg and pears. Bring to a rapid boil then reduce heat and let it simmer for about 30 mins or until the pears are tender. Gently turn pears once in a while so that all sides get poached equally.

2 In a bowl, combine mascarpone, seeds of the vanilla bean and honey. Whisk everything together and leave it refrigerated until you are ready to serve.

3 When the pears are ready, take them out of the pot but continue simmering the wine mixture until it reduces to half. Once it has reduced you are ready to serve. Place one pear on each plate, drizzle it with the reduced wine and serve with a spoon of vanilla mascarpone. Divine!



Good things come in small packages!



Ask your server for other available flavours

UAE: The Dubai Mall (Dubai), Al Khalidiyah Mall & Al Wahda Mall (Abu Dhabi), Kuwait: Avenues Mall www.gourmetgulf.com

MORELLI'S
GELATO
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WEEKEND

Irresistible chocolate recipes

From indulgent puds to teatime treats –
delicious chocolate recipes everyone will love



Deep chocolate vanilla torte

30 MINUTES + CHILLING • SERVES 12 • **Easy**
Eat with big dollops of whipped cream.

dark chocolate 500g
 whipping cream 550g
 vanilla pod 1, seeds only
 vanilla extract 2 tsp
 cocoa powder to dust
 extra-thick or whipped cream to serve

1 Melt the chocolate then leave it to cool a little. Warm 3 tbsp cream with the vanilla seeds, leave to cool, then stir into the remaining cream. Whisk the vanilla flavoured cream with the vanilla extract until it forms soft peaks, then stir in half the chocolate.

2 Fold in the remaining chocolate and pour into a clingfilm-lined 17cm diameter x 6cm deep springform tin. Using a bendy knife, sculpt the top into waves and then chill for a few hours.

3 Remove from its tin and peel away the clingfilm. Roll or dust the sides in cocoa. Serve in wedges with extra-thick or whipped cream.

PER SERVING 392 kcals, protein 3g, carbs 28.5g, fat 30.3g, sat fat 18.1g, fibre 1.1g, salt 0.04g



Dark chocolate fondants with liquid toffee centres

40 MINUTES • SERVES 6 • **A little effort**

unsalted butter 150g
 70% dark chocolate 150g
 eggs 6, 3 whole plus 3 yolks
 light soft brown sugar 150g
 plain flour 120g
 cocoa 2 tbsp, plus extra for dusting
 toffees 12, at room temperature
 (Werther's Original Chewy Toffees work really well)

1 Butter 6 small (150ml) pudding basins and dust with cocoa powder, shaking out the excess. Heat the oven to 180C/fan 160C/gas 4.

2 Melt the butter and chocolate together in a microwave or in a bowl set over, not in, a pan of simmering water.

3 Whisk the eggs, egg yolks and sugar together until pale and thick. Fold in the chocolate mixture, sift in the flour and cocoa and fold in well. Divide between the moulds, filling each one three-quarters full.

4 Press two toffees together to make one large one and submerge into a pudding. Repeat with each pudding. Put the puddings on a baking sheet and cook for 10 minutes. Leave to rest for half a minute before running a sharp knife around the edges and turning out onto serving plates.

PER SERVING 670 kcals, protein 9.9g, carbs 65.3g, fat 42.9g, sat fat 23.3g, fibre 2.6g, salt 0.32g



Fallen chocolate truffle cake with amaretto cream

1 HOUR • SERVES 8 • Easy

70% dark chocolate 250g, broken into pieces
butter 150g, cubed
golden caster sugar 150g
eggs 5, separated
ground almonds 30g
amaretto or bourbon 1 tbsp
cocoa powder for dusting

AMARETTO CREAM

double cream 142ml pot
icing sugar 2 tbsp
amaretto or bourbon 1 tbsp

- 1 Heat the oven to 160C/fan 140C/gas 3. Butter and line the base of a 23cm round springform cake tin.
- 2 Melt the chocolate and butter together either in short blasts in the microwave or in a heatproof bowl set over a pan of simmering water. Stir until smooth. Allow to cool a little, then add 50g sugar and 1 egg yolk. Gradually add remaining egg yolks as you

mix. Stir in the almonds and amaretto.

3 Whisk the egg whites with a pinch of salt until they hold soft peaks then gradually whisk in the remaining sugar, 2 tbsp at a time until the meringue is stiff and glossy. Loosen the chocolate mixture with a spoonful of egg white then fold the rest of the meringue in with a spatula or large metal spoon, trying to retain as much of the volume as possible. Pour into the tin and bake for 30-35 minutes.

4 Leave the cake to cool in the tin on a wire rack for 15 minutes, it will sink but don't worry – this is meant to happen. Remove the springform sides of the tin and leave to cool completely.

5 To make the amaretto cream, whip the cream, sugar and amaretto together until it just holds its shape. Eat the cake when cool or wrap up and chill overnight – the texture of the cake will become even more velvety. Dust with cocoa and serve with the amaretto cream.

PER SERVING 589 kcals, protein 8.3g, carbs 40.5g, fat 44.3g, sat fat 23g, fibre 2.2g, salt 0.45g



White choc and cherry chunks

15 MINUTES • CHILLING • MAKES 20-25 • Easy

white chocolate 300g,
broken into chunks double cream 4 tbsp
slightly salted butter 150g, cubed
amaretti biscuits 100g,
broken into small chunks
desiccated coconut 25g
dried berries and cherries or a mix of dried
blueberries and dried cherries 100g
toasted flaked almonds 50g

1 Line a 20cm square tin with baking parchment. Put the chocolate in a heatproof bowl with the cream and butter. Bring a large pan of water to the boil, then remove from the heat and set the bowl over it. Stir the contents occasionally until everything is melted and smooth.

2 Mix the amaretti into the melted chocolate with the coconut, berries, cherries and almonds. Spoon into the tin and smooth the top. Cool, then chill until firm (a spell in the freezer will speed things up). Cut into small squares (it's pretty rich) and wrap in foil or pack into a box.

PER SERVING 207 kcals, protein 2.2g, carbs 17g, fat 14.8g, sat fat 5.6g, fibre 0.6g, salt 0.1g



Chocolate orange tart

45 MINUTES + COOLING • SERVES 8 • Easy

shortcrust pastry 375g, ready made
butter 125g
dark chocolate 200g
eggs 5
golden caster sugar 220g
oranges 2, 1 juiced, both zested
plain flour 70g
cocoa powder to dust
candied peel cut into shreds or pieces to decorate (look out for the boxes of whole pieces)

1 Heat the oven to 180c/fan 160c/gas 4. Line a deep 24cm tart tin with thinly-rolled pastry. Line with greaseproof paper and baking weights or dried beans. Bake for 10 minutes, then remove the paper and weights. Bake for 10 more minutes.

2 Melt the butter and chocolate. Whisk the eggs and sugar over a pan of simmering water until the mixture holds a trail, then fold in the chocolate mixture, orange juice and zest, and flour. Pour into the tart case and bake for 15-20 minutes or until just set. Cool.

3 Dust with cocoa powder and decorate with slices of candied peel.

PER SERVING 671 kcs, protein 9.6g, carbs 77.9g, fat 37.8g, sat fat 18.6g, fibre 2.1g, salt 0.89g

Chocolate marble meringues

30 MINUTES + 1 HOUR IN THE OVEN • MAKES 12 • Easy

dark chocolate 100g
egg whites 4
lemon 1, halved
golden caster sugar 200g
whipping cream 284ml carton, whipped

1 Heat the oven to 120C/fan 100C/gas 1/2. Melt the chocolate in a bowl set over a saucepan of simmering water then cool a little. The chocolate needs to be liquid enough to pour slowly.

2 Whisk the egg whites with a squeeze of lemon juice until they form stiff peaks, then gradually beat in the sugar until you have a stiff, shiny meringue. Spoon the mixture into a piping bag and, using a wooden spoon handle, make a hole through the mixture. Pour the chocolate into the hole.

3 Pipe meringues about 6-7cm across, spaced well apart, on baking sheets lined with baking paper; the chocolate will swirl out and marble the meringue as you pipe.
4 Bake for 1 hour or until set, then switch off the oven and leave them inside to cool. Sandwich together with the cream to serve.

PER SERVING 203 kcs, protein 2g, carbs 23.4g, fat 11.9g, sat fat 7.2g, fibre 0.2g, salt 0.05g





Black Forest knickerbockers

20 MINUTES + CHILLING • SERVES 2 • Easy

pitted black cherries in syrup 425g tin, drained
kirsch 1 tbsp (optional)
double chocolate muffin 1, sliced
vanilla ice cream 2 small scoops
cherry or chocolate ice cream 2 small scoops
double cream 100ml, lightly whipped with 1
tbsp icing sugar
grated chocolate and chopped toasted
almonds to serve
CHOCOLATE SAUCE
golden syrup 2 tbsp
dark chocolate 100g, broken into pieces

1 To make the chocolate sauce, bring 80ml water to the boil with the golden syrup. Remove from the heat and add the broken

chocolate, stirring until the sauce is smooth.
2 Toss the cherries with the kirsch, if using, and put a few in the base of each serving glass. Top with a slice of muffin, a scoop of each ice cream and some chocolate sauce. Repeat the layers, finishing with a spoonful of cream, a cherry and a drizzle of sauce. Sprinkle with grated chocolate and chopped almonds.

PER SERVING 994 kcal, protein 9.9g, carbs 119.3g, fat 56.3g, sat fat 32.4g, fibre 2.7g, salt 0.5g



Easiest ever chocolate fudge cake

45 MINUTES • SERVES 10 • Easy

self-raising flour 150g
cocoa 30g
baking powder 1 tsp
muscovado sugar 175g
butter 175g, softened
eggs 3
vanilla extract 1 tsp
dark chocolate 50g, melted
FUDGE ICING
butter 200g, softened
icing sugar 200g
dark chocolate 200g, melted

1 Heat the oven to 180C/fan 170C/gas 4. Line and butter 2 x 20cm sandwich tins. Put all cake ingredients into the food processor and whizz until smooth. If the mix is a little stiff, add 1-2 tbsp water and whizz again. Divide between tins, level and bake for 30 minutes or until springy. Leave for 5 minutes then cool on a rack.

2 Clean the food processor. Whizz the butter and icing sugar, add the chocolate, whizz again, then sandwich and ice the cake.

PER SERVING 646 kcal, protein 5.2g, carbs 68.3g, fat 41g, sat fat 24.4g, fibre 1.4g, salt 0.97g



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Shabestan
Fish Market
Palm Grill
Friday Fun Food Festival

Swiss-Belhotel Dubai

Kebab Connection
Senses
Liquid Lounge

The Metropolitan Hotel

Don Corleone
Shahjahan
Fish Bazaar
Summer Place

Down Town Burj Khalifa

Mezza House

Wagamama, Dubai

Al Badia Golf Club

The Tee Lounge
Trents

Sheraton Dubai Creek

Ashiana

Kempinski Hotel Mall of the Emirates

Sezzam
Evory Lounge (bar)
Aspen
Mosaic Chill (bar)

Traders Hotel Dubai

The Junction
Chameleon Bar

Grand Millenium Dubai

Toshi
Dante
Atrium

The Palace - The Old Town

Asado
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Email rochelle@advancemena.com to enquire about receiving your loyalty card.

Valentine treats

Indulge the special person in your life by cooking something homemade and delicious this Valentine's Day **PHOTOGRAPHS MYLES NEW**



Chocolate & almond puds with boozy hot chocolate sauce

SERVES 2 • PREP 10 MINS • COOK 25 MINS **Easy** **B** CAKES

These make-ahead puds are easy, but look glamorous.

50g/2oz butter, softened, plus extra for the moulds
25g/1oz toasted flaked almonds, chopped
50g/2oz caster sugar

1 egg
25g/1oz self-raising flour
25g/1oz ground almonds
1 tbsp cocoa powder
2 scoops vanilla ice cream, to serve

FOR THE SAUCE

50g/2oz dark chocolate
2 tbsp butter
125ml/4fl oz double cream
1 tbsp caster sugar
1 tbsp Disaronno (amaretto)

the flaked almonds so they stick to the base and sides and put on a small baking tray. Beat the butter, sugar, egg, flour, ground almonds and cocoa powder together, then divide between the moulds. Bake for 20-25 mins until a skewer comes out clean.

2 Meanwhile, for the sauce, melt all the ingredients in a small pan and keep warm.

3 Carefully turn the cakes out of their moulds and sit on 2 plates (the same way up as they baked). Serve with vanilla ice cream, the hot chocolate sauce, espressos and a splash more Disaronno.

1 Heat oven to 180C/160C fan/gas 4. Butter 2 x 150ml dariole moulds, scatter in

PER SERVING 1,144 kcal, protein 13g, carbs 66g, fat 92g, sat fat 46g, fibre 3g, sugar 54g, salt 0.77g

Cherry shortbread hearts

MAKES 14-16 DEPENDING ON CUTTER •

PREP 15 MINS • COOK 15 MINS

Easy **B** BISCUITS BEFORE ADDING JAM

Why not box up these biscuits as a gift?

100g/4oz icing sugar, plus extra for dusting

200g/7oz plain flour, plus extra for dusting

50g/2oz cornflour

50g/2oz ground almonds

250g pack cold butter, cut into cubes

50g/2oz glacé cherries, finely chopped

½ tsp almond extract

8 tbsp cherry jam, sieved

1 Heat oven to 180C/160C fan/gas 4.

Sift the icing sugar, flour and cornflour together into a bowl. Stir in the ground almonds and butter, then rub in the butter until smooth. Stir in the chopped glacé cherries and almond extract, and bring together to form a dough.

2 Roll out on a lightly floured surface, then stamp out biscuits using a heart-shaped cutter. Keep re-rolling the trimmings until all the dough is used. Carefully transfer the biscuits to baking trays lined with parchment and bake for just 8-10 mins until just pale golden.

3 Using an upturned bottle top or similar, press gently into the centre of each biscuit to make a round indent. Spoon in a little jam and return to the oven for 2 mins. Remove and cool on a wire rack, before dusting with icing sugar to serve.

PER SERVING (16) 242 kcal, protein 2g, carbs 27g, fat 15g, sat fat 8g, fibre 1g, sugar 14g, salt 0.21g



Bake it easy

9
simple
treats

FOR THE TRAYBAKE SPONGE BASE

250g/9oz softened butter, plus extra for greasing
280g/10oz self-raising flour
250g/9oz golden caster sugar
½ tsp baking powder
4 eggs
150ml pot natural yogurt
1 tsp vanilla paste or extract

“Baking doesn’t have to be complicated, and here’s the proof. My recipes give you the base for a loaf cake, biscuit, traybake or slice plus three different ways of flavouring each so you can make a variety of goodies for the cake tin. They’re great for picnics, parties or afternoon tea” **SARAH COOK**, DEPUTY FOOD EDITOR

Upside-down peach sponge

CUTS INTO 15 SQUARES • PREP 25 MINS • COOK 50 MINS-1 HR **Easy**

2 tbsp caster sugar mixed with
1 tbsp flour
small punnet raspberries
2-3 x 400g cans peach halves,
drained and diced

1 x Traybake sponge base ingredients

1 Heat oven to 180C/160C fan/gas 4. Grease a 20 x 30cm baking or roasting tin and line with baking parchment. Sprinkle with the sugar-flour mix. Push a raspberry or cherry into the cavity of each peach half, then place the peaches, cut-side down, in the tin.

2 To make the sponge batter, beat the butter,

flour, sugar, baking powder, eggs, yogurt and vanilla in a large bowl with an electric whisk until lump-free. Spoon the mix into the tin, over and around the peaches, then bake for 50 mins-1 hr until golden and risen and a skewer poked in comes out clean.

3 Cool briefly, then carefully run a cutlery knife around the edges to release any stuck bits. Turn the cake out onto a board and cut into squares. Delicious eaten warm with ice cream

PER SERVING 326 kcal, protein 5g, carbs 43g, fat 16g, sat fat 10g, fibre 1g, sugar 29g, salt 0.5g

Blackcurrant Bakewell

CUTS INTO 15 SQUARES • PREP 15 MINS • COOK 25-30 MINS **Easy**

1 x Traybake sponge base ingredients

1 tsp almond extract
4 tbsp blackcurrant jam
25g/1oz toasted flaked almonds
icing sugar, to dust

Heat oven to 180C/160C fan/gas 4. Grease a 20 x 30cm baking or roasting tin and line with baking parchment. To make the sponge batter, beat the butter, flour, sugar, baking powder, eggs, yogurt, vanilla and almond extract in a

large bowl with an electric whisk until lump-free. Spoon into the tin and bake for 10 mins. Quickly dot over the jam, scatter over the almonds, then bake for 15-20 mins more until golden and risen and a skewer poked in comes out clean. Cool in the tin, then dust with icing sugar.

PER SERVING 309 kcal, protein 5g, carbs 36g, fat 17g, sat fat 10g, fibre 1g, sugar 22g, salt 0.5g

Cappuccino cake

CUTS INTO 15 SQUARES • PREP 25 MINS • COOK 25-30 MINS **Easy**  UN-ICED

1 x Traybake sponge base ingredients

1 tbsp cocoa powder, plus extra to dust
100ml/3½ fl oz strong coffee (I made it with 2
tbsp coffee granules)

140g/5oz icing sugar, sifted

350g/12oz mascarpone or soft cheese

few chocolate-covered coffee beans

1 Heat oven to 180C/160C fan/gas 4.
Grease a 20 x 30cm baking or roasting tin
and line with baking parchment. To make
the sponge batter, beat the butter, flour,
sugar, baking powder, eggs, yogurt, vanilla,

cocoa and half the coffee in a large bowl
with an electric whisk until lump-free. Spoon
into the tin, then bake for 25-30 mins until
golden and risen and a skewer poked in
comes out clean. Drizzle with some of the
remaining coffee.

2 Cool in the tin while you stir the icing sugar
into the mascarpone. Spread over the cooled
cake, dust with a little cocoa and scatter with
the coffee beans.

PER SERVING 436 kcal, protein 5g, carbs 45g, fat 28g,
sat fat 16g, fibre 1g, sugar 31g, salt 0.56g

Blackcurrant Bakewell

Upside-down peach sponge

Cappuccino cake

FOR THE SLICE BASE

175g/6oz plain flour
50g/2oz ground rice
85g/3oz golden caster sugar
140g/5oz cold butter, diced
1 tbsp milk

Raspberry Linzer slice

Toffee nut squares

Lemon bars

Lemon bars

MAKES 12-15 • PREP 20 MINS • COOK 25-30 MINS **Easy**

1 x Slice base ingredients
zest 3 lemons, plus 200ml/7fl oz juice
(about 4 lemons)
3 eggs
200g/7oz caster sugar
25g/1oz flour
icing sugar, to dust

1 Heat oven to 200C/180C fan/gas 6. Line a 21 or 22cm square, shallow baking tin with baking parchment. Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form.

Stir in the milk with a cutlery knife. Tip into the tin and press down evenly. Bake for 15-20 mins until golden.

2 Remove the tin and lower oven to 180C/160C fan/gas 4. Mix the lemon juice and eggs, then pour into a bowl with the sugar, flour and zest. Whisk to combine, pour over the base. Bake for 10-15 mins until the top is just set. Cool in the tin, dust with icing sugar, then slice.

PER SERVING (15) 278 kcal, protein 3g, carbs 40g, fat 13g, sat fat 8g, fibre 1g, sugar 21g, salt 0.2g

Raspberry Linzer slice

MAKES 9-12 • PREP 15 MINS • COOK 20-30 MINS **Easy**

1 x Slice base ingredients

1 tsp cinnamon
½ tsp ground cloves
8 tbsp raspberry jam
2 tsp caster sugar

1 Heat oven to 200C/180C fan/gas 6.

Line a 21 or 22cm square, shallow baking tin with baking parchment. Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Stir in cinnamon and cloves. Tip three-quarters into the tin and press down evenly. Bake for 15-20 mins until golden and crisp looking.

2 Stir the jam in a bowl to loosen a little, then spread over the base. Crumble over the remaining slice mixture and bake for 5-10 mins more until the topping is golden. Scatter with 2 tsp caster sugar, cool in the tin, then slice into squares.

PER SERVING (9) 278 kcal, protein 3g, carbs 40g, fat 13g, sat fat 8g, fibre 1g, sugar 21g, salt 0.2g

Toffee nut squares

MAKES 12 • PREP 20 MINS • COOK 25-30 MINS **Easy**

1 x Slice base ingredients

25g/1oz pumpkin seeds, plus a few extra
250g/9oz mixed nuts (I used pistachios, macadamias and hazelnuts)
300g/11oz caramel (I used Carnation)
3 tbsp flour

1 Heat oven to 200C/180C fan/gas 6. Line a 21 or 22cm square, shallow baking tin with baking parchment. Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Tip it all into the tin and press down evenly. Bake for 15-20 mins until golden.

2 Remove the tin and lower oven to 180C/160C fan/gas 4. Mix together the seeds, nuts, caramel and flour. Evenly distribute over the base, scatter with extra seeds, then bake for 8-10 mins more. Cool in the tin, then cut into squares.

PER SERVING 410 kcal, protein 7g, carbs 40g, fat 26g, sat fat 8g, fibre 2g, sugar 23g, salt 0.21g

Rainbow cookies

MAKES 22 • PREP 25-30 MINS

• COOK 15 MINS Easy 🌱

Raw dough or un-iced baked biscuits

1 x Biscuit base ingredients

zest and juice 1 orange
140g/5oz icing sugar, sifted
sprinkles, to decorate

1 Heat oven to 200C/180C fan/gas 6.

Mix the butter, sugars, egg yolks and vanilla with a wooden spoon until creamy, then mix in the flour in 2 batches. Stir in the orange zest. Roll the dough into about 22 walnut-size balls and sit on baking sheets. Bake for 15 mins until golden, then leave to cool.

2 Meanwhile, mix the icing sugar with enough orange juice to make a thick, runny icing. Dip each biscuit half into the icing, then straight into the sprinkles. Dry on a wire rack.

PER BISCUIT 168 kcals, protein 2g, carbs 26g, fat 7g, sat fat 4g, fibre none, sugar 15g, salt 0.1g

Cinnamon swirls

MAKES 20 • PREP 20 MINS PLUS CHILLING

• COOK 10-12 MINS Easy 🌱 *Raw dough or baked biscuits*

1 x Biscuit base ingredients

2 tbsp demerara sugar, plus a few extra pinches
2 tsp cinnamon

1 Mix the butter, sugars, egg yolks and vanilla with a wooden spoon until creamy, then mix in the flour in 2 batches. Roll out to a 20 x 30cm rectangle on a sheet of baking parchment. Mix the sugar with the cinnamon, sprinkle all over the dough, then gently roll over a rolling pin again to press the sugar in a little. Roll up from one of the 20cm sides using the parchment to help, wrap in the parchment and chill for 30 mins, or up to a day.

2 Heat oven to 200C/180C fan/gas 6. Thinly slice into about 20 biscuits, scatter with a pinch more sugar, then bake on baking sheets for 10-12 mins until golden.

PER BISCUIT 153 kcals, protein 2g, carbs 19g, fat 8g, sat fat 5g, fibre 1g, sugar 8g, salt 0.11g

FOR THE BISCUIT BASE

175g/6oz softened butter
50g/2oz golden caster sugar
50g/2oz icing sugar
2 egg yolks
2 tsp vanilla extract
300g/11oz plain flour



Cinnamon swirls

Rainbow cookies

Custard kisses

Custard kisses

MAKES 15-25 • PREP 30 MINS • COOK 8-10 MINS Easy 🌱

Raw dough or un-iced baked biscuits

1 x Biscuit base ingredients

flour, for dusting
100g/4oz softened butter
140g/5oz icing sugar, sifted, plus a little extra
2 tbsp custard powder
few drops yellow food colouring, if you have any

1 Heat oven to 200C/180C fan/gas 6. Mix the butter, sugars, egg yolks and vanilla with a wooden spoon until creamy, then mix in the flour in 2 batches. Roll out thinly on a floured surface, then use a standard 30cm ruler as a template to cut the dough into small, even squares. Do this by starting with

the ruler flush with one side and cutting along the length of it. Repeat across the width of the dough, then do the same from the top down. Transfer to baking sheets and bake for 8-10 mins until golden.

2 While the biscuits cool, mix the butter, icing sugar, custard powder and food colouring, if you have any. Pipe or spread a little icing onto a biscuit, then sandwich with 1 or 2 more biscuits. Repeat until all the biscuits are used, then dust with a little more icing sugar.

PER BISCUIT (15) 220 kcals, protein 1g, carbs 20g, fat 16g, sat fat 10g, fibre none, sugar 18g, salt 0.24g

10 BBQ commandments

Our tips will show you how to nail the perfect barbecue

- 1** Let your barbecue heat up properly – it will take at least 20 minutes. If the coals are still burning rather than glowing, your food will burn, too.
- 2** Keep raw and cooked meat separate. Get rid of the plate the raw food was on so you can't put your cooked meat back onto it.
- 3** Cook vegetarian stuff first so you don't get meat juices in it.
- 4** Use a hinged grill rack for delicate items such as fish so that it doesn't break up when you turn it.
- 5** Use a meat thermometer when cooking large joints of meat so you can check whether the middle is cooked.
- 6** Don't poke meat with a fork or the juices will escape and the meat will dry out.
- 7** Decide on a central dish or theme rather than throwing everything at the grill. See our menu planner for ideas, page 7.
- 8** Don't keep flipping the food – unless your recipe tells you otherwise, once will be enough.
- 9** Pre-cook sausages and chicken in simmering water or stock for 20 minutes to make sure the centres are cooked through. When you barbecue them, you'll be able to cook them perfectly on the outside without worrying.
- 10** Provide tubs of ice for chilling your drinks.



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Lunch in the sun

Make entertaining easy by picking up a few items from the deli and serving them alongside one or two dishes you've made yourself

RECIPES JENNIFER JOYCE

PHOTOGRAPHS MYLES NEW



Middle Eastern mezze

Chicken wings with cumin, lemon & garlic

SERVES 6 • PREP 10 MINS PLUS MARINATING

• COOK 50 MINS **Easy** **Good for you**

12 chicken wings
2 garlic cloves, crushed
zest and juice 1 lemon
1 tsp cumin seeds
2 tbsp olive oil
1 tbsp honey

1 Using a pair of sharp kitchen scissors, cut each wing at the knuckle into two pieces. Mix the garlic, lemon zest and juice, cumin and oil with plenty of seasoning, then tip into a dish with the chicken wings and toss to coat. Cover and put in the fridge to marinate for at least 1 hr, or overnight if you have time.

2 Heat oven to 200C/180C fan/gas 6, or heat an outdoor barbecue. Bake the chicken wings on an oven tray for 45-50 mins until crisp, or barbecue for 20 mins, drizzling over the honey for the final 10 mins of each method. Serve on a platter with plenty of paper napkins.

PER SERVING 191 kcals, protein 13g, carbs 3g, fat 15g, sat fat 4g, fibre none, sugar 2g, salt 0.13g

Turkish tomato & pepper dip

SERVES 6 • PREP 10 MINS • NO COOK

Easy **V** **Superhealthy** **Good source of vit C**

Finely dice **2 de-seeded plum tomatoes**, **1 small red pepper** and **1 small red onion**. Mix with **1 tbsp tomato purée**, **1 tbsp extra-virgin olive oil**, **1 tbsp red wine vinegar**, **1 tbsp chopped parsley** and **½ tsp each ground coriander** and **paprika**. Season with **salt** and add a **pinch dried chili flakes** if you like it hot. Eat with flat bread.

PER SERVING 34 kcals, protein 1g, carbs 3g, fat 2g, sat fat none, fibre 1g, sugar 3g, salt 0.03g

Feta bites

SERVES 6 • PREP 5 MINS • NO COOK

Easy **EASILY DOUBLED** **V**

Cut a **250g pack feta** into 2-3cm chunks. Sprinkle with **1 tsp cumin seeds** and drizzle with **1 tbsp olive oil**. Scatter with **chopped parsley** and squeeze over a **little lemon juice**.

PER SERVING 173 kcals, protein 11g, carbs 2g, fat 14g, sat fat 9g, fibre none, sugar 1g, salt 1.79g



Tartines with blue cheese, fig & ham

MAKES 20 • PREP 20 MINS PLUS COOLING • COOK 5 MINS **Easy**

1 small baguette, thinly sliced into 20 pieces
2 tbsp extra virgin olive oil
100g/4oz Roquefort cheese
5 slices prosciutto ham, each torn into 4 pieces
5 figs, quartered

Heat oven to 200C/180C fan/gas 6. Brush the baguette slices with olive oil and season. Arrange on baking trays, then bake for 5 mins until crisp. Cool before spreading over some cheese and topping each tartine with a piece of ham and a fig quarter. Add a little ground black pepper, if you like, and serve.

PER SERVING 57 kcals, protein 2g, carbs 5g, fat 3g, sat fat 1g, fibre none, sugar 2g, salt 0.39g

Green salad with beans & walnuts

SERVES 6 • PREP 10 MINS • NO COOK **Easy** **V** **I** Good for you

Mix **140g crisp lettuce leaves** with a **good handful cooked green beans**, **2 thinly sliced shallots** and a **handful toasted chopped walnuts**. MAKE A DRESSING WITH **1 tbsp red wine vinegar**, **3 tbsp extra-virgin olive oil**, **1 tsp Dijon mustard** and seasoning in a screw-top jar. Shake and pour over salad just before serving.

PER SERVING 93 kcals, protein 2g, carbs 3g, fat 9g, sat fat 1g, fibre 1g, sugar 1g, salt 0.10g

Roasted red pepper & tuna salad with Sherry vinegar

SERVES 6 • PREP 15 MINS • NO COOK (IF YOU'VE ALREADY DONE THE EGGS) **Easy** **I** Good for you

5-6 whole roasted red peppers from a jar, cut into large pieces
80g can sustainable tuna in olive oil, drained and flaked
2 eggs, hard-boiled, peeled and quartered
1 small red onion, chopped
8 black olives, pitted and halved
1 tbsp Sherry vinegar
3 tbsp extra-virgin olive oil
2 tbsp chopped flat-leaf parsley

Arrange the roasted peppers on a plate. Scatter the tuna, eggs, onion and olives on top. Drizzle over the vinegar and oil, then scatter with parsley and seasoning.

PER SERVING 129 kcals, protein 7g, carbs 3g, fat 10g, sat fat 2g, fibre 2g, sugar 2g, salt 0.85g

Garlic prawns with lemon

SERVES 6 • PREP 5 MINS • COOK 10 MINS **Easy**

In a large frying pan heat **4 tbsp olive oil** and fry **3 chopped garlic cloves** with a pinch of **red chili flakes**. Add **400g large, raw, peeled prawns** and cook over high heat for 2-3 mins until pink. At the last minute, squeeze in the juice from **half a lemon** and sprinkle with **chopped flat-leaf parsley**. Serve with some **crusty bread** to mop up the juices.

PER SERVING 119 kcals, protein 12g, carbs none, fat 8g, sat fat 1g, fibre none, sugar none, salt 0.34g



Mini Swedish meatballs with cranberry sauce

MAKES 20 • PREP 15 MINS • COOK 15 MINS **Easy** **P**

300g/11oz pork mince
50g/2oz fresh white breadcrumbs
1 egg yolk
2 tbsp finely chopped or grated onion
½ tsp ground allspice
1 tbsp olive oil
cranberry sauce or jelly, to serve

In a bowl, put the meat, breadcrumbs, egg, onion and allspice with some seasoning. Mix well and form into about 20 small meatballs. Heat the oil in a frying pan, then brown and cook the meatballs in two batches. Serve with a bowl of cranberry sauce to dip in.

PER SERVING 43 kcals, protein 3g, carbs 2g, fat 2g, sat fat 1g, fibre none, sugar none, salt 0.07g

Cucumber salad with poppy seeds

SERVES 6 • PREP 10 MINS PLUS CHILLING • NO COOK **Easy** **V** **I** Good for you

Cut **1 large peeled, halved and deseeded cucumber** into batons. Mix in a bowl with **1 thinly sliced red onion**, **1 tsp poppy seeds**, **1 tbsp rice or white wine vinegar**, **1 tbsp vegetable oil**, **1 tbsp caster sugar** and a large pinch of salt. Refrigerate for 30 mins before serving.

PER SERVING 42 kcals, protein 1g, carbs 5g, fat 2g, sat fat none, fibre 1g, sugar 4g, salt 0.01g



Gastro-pub flair

After enjoying the delicious food at The Gramercy, DIFC, *BBC Good Food ME* was excited to meet the head chef behind the dishes. We catch up with Tareq Abu Khater for a last bite



What is your first food memory?

My first memories were from watching my mother cooking for the family. The smell and different flavours that would come from the simple ingredients was incredible; all the ingredients would come from the market. I would watch as everyone would be amazed at what she had created, and she used to tell that us that cooking comes from the heart.

How would you describe your personal style of cooking?

I like to get the most out of the natural flavour of the food, and I don't believe in hiding the ingredients. I like it when people understand what they are tasting. I do put a little personal touch to make the dish my own.

What brought you to Dubai, and what do you enjoy most about your job?

I made my decision based on what I heard of Dubai at the time, that many young chefs were going to Dubai to make their name. Dubai was hungry for new talent and chefs that could bring that out-of-the-box cooking that they so needed.

What I enjoy most about my job is seeing the guest's satisfied. I get excited seeing their reactions as soon as the food arrives at their table. When they start to dig in, their facial expressions tell it all.

As head chef of the Gramercy, do you have space to be very creative? Since The Gramercy concept is a brasserie-style menu, the creativity that I execute is in the ingredients that I use to twist the classic brasserie-style dish that we offer. By infusing different flavours like truffle oil in dish as simple as bangers and mash, I take it to a different culinary level.

Can you describe the style of food at The Gramercy a little further?

Brasserie-style food built on big flavours and simplicity, which lets you enjoy the food for what it is. Keeping it simple and making it fresh every day is the key to The Gramercy menu, as well as injecting classic dishes with a new twist to give that gastro flair.

What are some of your favourite dishes on the menu, and why?

The foie gras bruschetta because of the combination and the texture. The crispy bread with the truffle tapenade, topped with

the warm and velvety foie gras that just melts in your mouth.

The Wagyu beef burger with pan-fried foie gras and winter truffle tapenade because of the combination of the flavour of the wagyu, the perfume of the truffle and the softness of the foie gras which is given to this burger a unique taste. The homemade burger bun is just the cherry on the top of the cake!

When creating dinner at home for friends and family, what do you like to prepare?

At home I like to keep it simple, and I love the sharing concept. We can all dig into and enjoy dishes such as a delicious pasta or paella. Food at home should be easy and tasty, so you can share with your friends and spend time with them.

Chocolate or cheese?

Cheese because it has a true flavour and a simply natural perfume and it is an easy bite. Once I start I can't stop eating it



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